Thinking Errors

1. <u>Overgeneralization</u>- Nobody cares, everybody hates me, watch out for words like never, always, can't everybody, nobody, have to, all.
2. <u>Global labeling</u>- All lawyers are greedy, I'm stupid, life is a rat-race, it's hopeless.
3. <u>Filtering</u>- ignoring the good and focusing on the negative
4. <u>Polarized thinking or extremism</u>- it's all black or it's all white, if I make one mistake I'm no good, one strike and your out, if I don't win this time then I'm a failure.
5. <u>Self-blame</u>- makes you think that every time things go wrong it must be your fault. Characterized by excessive apologizing.
6. <u>Personalization</u>- you think that others are blaming you for what they don't like. When someone complains, you get defensive.
7. <u>Mind reading</u>- You think you know what others are thinking, it's about you, and it's bad.
8. <u>Control fallacy</u>- You think you are responsible for everything, you think you have to make others follow rules or do the right thing.
9. <u>Emotional reasoning</u>- You think your feelings are facts and they characterize you and your life- just because you feel bad at the moment, your whole life is bad.
10. <u>Heaven's reward</u>- you think you are supposed to be rewarded for living right, and maybe you think anybody who breaks the rules should be punished, that the universe is supposed to make life fair.
11. <u>I can't</u>- When you say you can't as an excuse for not trying.
12. <u>Psychic predicting</u>- You know what's going to happen and it's bad.
13. <u>Inflating</u>- Making things out to be worse than they are. It's horrible! I'll die!
14. <u>Helpless victim</u>- When you claim your emotions or someone else's actions MADE your feelings or behaviors happen.
15. <u>Power play</u>- You always have to win or be right. You won't be wrong.

Remember, your thoughts are so powerful they create your reality.