

Thinking Errors



Ignoring the Good. You pay more attention to bad things, and ignore when something good happens.

examples:

- You get one answer wrong on a long test, and all you can think about is the mistake.
- You score two goals in your soccer game, but all you can think about is the shot you missed.



Blowing Things Up. Making a really big deal out of something small, or making something a little bit bad seem like the worst thing ever.

examples:

- You get a stain on your new shoes and you think they're ruined and can't be worn anymore.
- "I'm not allowed to see my friends on Friday. My life is horrible!"



Fortune Telling. Thinking you know what will happen in the future, and that it will be bad.

examples:

- "I know if I ask her to the dance she's going to say no."
- "I bet no one will come to my birthday party."

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Mind Reading. Believing you know what someone else is thinking, or why they are doing something, without having enough information.

examples:

- “People are looking at me. They probably think my shirt is ugly.”
- “Emma didn’t invite me to her party. I bet she thinks I’m weird.”



Negative Labeling. Having a negative belief about yourself and thinking it applies to everything you do.

examples:

- “I’m a loser so my artwork stinks.”
- “I’m so stupid. Everything I say is dumb.”



Setting the Bar Too High. Thinking that you must be perfect in everything you do, otherwise you’re no good.

examples:

- “If I don’t get an A on every test, I’m not smart.”
- “I have to win every tennis match I play, otherwise I’m worthless.”

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Self-blaming. Blaming yourself for anything that goes wrong around you, even if you had nothing to do with it.

examples:

- When your basketball team loses a game, you think it's entirely your fault.
- "Alicia is sad today. I probably did something to upset her."



Feelings as Facts. Believing that if you feel something, it must be true.

examples:

- "I feel ugly, so I must be ugly."
- "I feel like I'm a bad friend, so I must be a bad friend."



"Should" Statements. Believing things have to be a certain way.

examples:

- "People should always be nice to me."
- "I should always be happy. I should never be sad."