

The background features a dark blue gradient with faint, light blue circular patterns and a scale on the left side. The scale has markings from 40 to 260 in increments of 10. The text is centered and reads:

# THINKING ERRORS

COGNITIVE DISTORTIONS.....

# NEGATIVE MENTAL FILTERING

- When you think and believe things which have no basis in reality.
- Taking negative details and magnifying them, while filtering out all the positive of a situation. (Only looking at the thorns, not the beauty of a rose)

# POLARIZED THINKING:

- Thinking of things as only BLACK OR WHITE, everything MUST BE perfect or else is a complete failure, nothing is just OK....

**The challenge: Look for shades of gray**

It's important to avoid thinking about things in terms of extremes.

**Ask yourself:**

- Is it really so bad, or am I seeing things in black-and-white?
  - How else can I think about the situation?

# OVERGENERALIZING:

- Jumping to a general conclusion based on a single incident or piece of evidence. Expecting something bad to happen over and over again if one bad thing happens.

**The challenge: Be specific**

Ask yourself:

- Am I over-generalizing?
- What are the facts? What are my interpretations?

# MIND READING/ FORTUNE-TELLING

- Thinking that you know what people are feeling and why they act the way they do.

**The challenge: Don't assume you know what others are thinking**

Ask yourself:

- What is the evidence? How do I know what other people are thinking?

# CATASTROPHIZING

- Expecting disaster; hearing about a problem and then automatically considering the possible negative consequences. Expecting the worst-case scenario to happen.
- 90% of what you are so worried about won't happen, and 10% won't be THAT bad! 90/10 rule

**MAGNIFYING-**  
**YOU EMPHASIZE THINGS OUT OF PROPORTION TO THEIR**  
**ACTUAL IMPORTANCE.**  
**MINOR SUGGESTIONS BECOME SCATHING CRITICISM OR**  
**SLIGHT OBSTACLES SEEM LIKE OVERWHELMING**  
**BARRIERS.**

### **Ask Yourself**

- **Am I using the words 'huge', 'impossible', and 'overwhelming;?'**
- **How can I minimize the difficulty or situation?**

# PERSONALIZATION:

- Thinking that everything people do or say is some kind of reaction to you
- You blame yourself for anything that goes wrong

**The challenge: Find all the causes**

Ask yourself:

- Am I really to blame? Is this all about me?
- What other explanations might there be for this situation?

# BLAMING

- Holding other people responsible for your pain or blaming yourself for every problem.

**The challenge: Take Responsibility**

Ask yourself:

- Did my actions have a role in this?

# FALLACY OF CHANGE:

- Expecting that other people will change to suite you if you pressure or manipulate them; having to change people because your hopes for happiness depend on THEM.

**The challenge: Look at making changes in your life.**

Ask yourself:

- Am I making decisions for others?
- What would he/she want to do in this situation

# SHOULD

- You may operate from a list of inflexible rules about how you and other people should act and view these rules as right and indisputable.

Ask yourself:

- Is there a different way to think about this?
- Have I used the word 'should', 'ought', or 'must'?

# HOW DO WE TAKE RESPONSIBILITY??

- 1) Recognize what is Truth
- 2) Acknowledge It
- 3) Accept It

**Good feelings about ourselves and self control in our own lives come from:**

- ✓ Accepting responsibility for our thoughts, feelings, and behaviors**
- ✓ Being honest with ourselves and others**
- ✓ Respecting the needs and rights of other people**