Thinking Errors



Ignoring the good

Paying attention only to bad things and ignoring good things

Examples

You beat yourself up for one wrong answer on a test even though you got a good grade.

You score a goal in your soccer game, but all you can think about is the shot you missed.



Trying to be perfect

Thinking that you must be perfect in everything you do, otherwise you're no good

Examples

You think you're not smart unless you get an A on every test.

You think you're worthless unless you win every single tennis match.



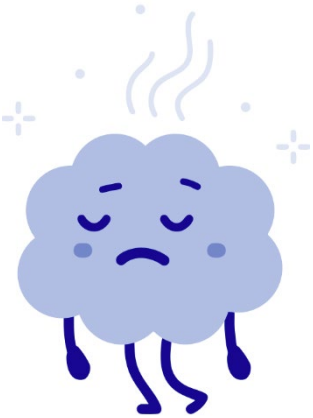
"Should" statements

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."



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."

"My classmate didn't invite me to her party. I bet she thinks I'm weird."

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Thinking Errors



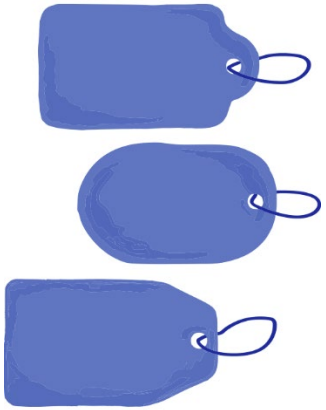
Magnifying

Making a big deal out of something small

Examples

You get a spot on your shirt and think it's ruined and can never be worn again.

"I'm not allowed to see my friends on Friday. My life is horrible!"



Negative labeling

Having a negative belief about yourself and thinking it applies to everything you say and do

Examples

"I'm a loser so my artwork stinks."

"I'm so stupid. Everything I say is dumb."



Self-blaming

Blaming yourself for everything that goes wrong, even if you had nothing to do with it

Examples

When your team loses the game, you think it's entirely your fault.

When your friend is sad, you think you must have said something to make them feel bad.



Fortune telling

Assuming bad things will happen in the future

Examples

"I know if I ask her to hang out, she's going to say no."

"I bet no one will come to my birthday party."

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