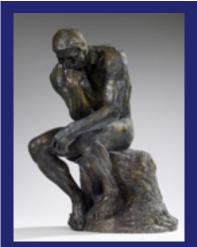
Common Thinking Errors

Change Thoughts ----> Change Actions Cognitive Behavioral Therapy - CBT

COMMON COGNITIVE "Thinking" DISTORTIONS

- "Should" Statements/Perfectionism belief that things should always be a certain way
- Catastrophizing seeing only the worst possible outcomes of a situation



As a man thinketh... so is he.

- Overgeneralization making broad interpretations from a single or few events
- Mindreading interpreting thoughts/feelings without evidence
- **Disqualifying the Positive** seeing only the negative, ignoring the positive, "glass half empty"
- Black and white all or nothing, horrible/perfect always/never, "Gray is okay." Tolerance of ambiguity
- Forecasting/Fortune Telling expectation that things will turn out badly without adequate evidence
- Feelings are facts/Emotional Reasoning assuming emotions reflect reality
- Magical Thinking belief that acts will influence unrelated situations
- Filtering/Personalization belief that what others do or say is a direct reaction to self. Comparing self to others who are seen as smarter, better looking, etc.
- Fallacy of Fairness judging every situation with the measuring stick of "fairness," feeling resentful and negative when things don't work out
- Blaming holding other people responsible for our problems and pain or self-blaming
- Always Being Right going to any length to demonstrate our rightness, continually on trial to prove that our opinions and actions are correct
- Heaven's Reward Fallacy expecting sacrifice and self-denial to pay off as if someone is keeping score, feeling bitter when the reward doesn't come



- 1. **IDENTIFY** thinking errors, negative self-talk, negative self-narratives, codependent thinking
- 2. CHALLENGE them restate the facts, only truths with evidence
- 3. CHANGE replace them with true, positive thoughts/actions

EXAMPLES

- SITUATION: LATE FOR WORK
- AUTOMATIC THOUGHTS
 - My supervisor thinks I'm irresponsible. (Mindreading)
 - I'm an idiot. (*Labeling*)
 - I should never be late. (Polarization, Perfectionism)
 - I'm going to get fired. (Forecasting)
 - This is awful. (Catastrophizing)

• REALISTIC POSITIVE <u>REPLACEMENT</u> THOUGHTS *CHANGE*

- I'll talk with my boss about my plans to improve. (*Plan to Respond*)
- It's been two months since I was late.
 (*Reality Testing*)
- I am going to improve my attitude about my job. (*Positive attitude*)

1. After sending a text to a friend, you don't get a response.

• AUTOMATIC THOUGHTS

- "She is ignoring me. She <u>never</u> takes me seriously." (Black & White)
- "She is <u>always</u> texting <u>everybody</u> else." (Black & White)
- "It isn't fair that she treats me this way. I'm <u>always</u> the one who texts first." (Fallacy of Fairness, Black & White)

2. Spouse comes home with a scowl on his/her face.

• AUTOMATIC THOUGHTS

- "I always do things to upset him." (Black & White)
- "I should have cleaned up before he came home." ("Should" statements/Perfectionism)
- "I didn't do anything but take care of the kids, pay bills and be the family bus driver today -I'm always doing for everybody else. When is my turn for a break." (Heaven's Reward Fallacy)