

## Thinking Errors List and Symbols

By Forrest

These are sometimes used by your brain uses these to keep safe. The brain is base, mind is learning. Mind can challenge what the brain thinks. Brain will grab on a thinking error and hold on tight. Thinking errors keeps the status quo even if it is wrong. If you use one you probably use them all – they are friends. A developed sense of self doesn't need to use these.

Thinking Errors – are like thorn bushes in the brain – these remind you of what you lose when you are thinking this way.

1. Closed thinking – this isn't me; I don't have a problem I can stop any time I want. Not being open to new ideas, even if it is not a good idea.  
**Symbol** – Holding up a closed fist.
2. Victim role- this isn't my fault I am addict two fingers up. The system is bad since I am a felon and can't get a job.  
**Symbol** – Two fingers up in a "V" (or piece sign).
3. Superior self-image- I am better than anyone. I am above the law. Not respecting self if you think this way – you are actually making a fool of yourself. Like the king with no clothes.  
**Symbol** - hold three fingers sideways like a sideways crown
4. Reckless attitude- driving high, speeding,  
**Symbol** – Act like driving a steering wheel with one hand
5. Instant gratification- don't need a job by identity theft  
**Symbol** – grabbing in the air (at whatever I want)
6. Fear of losing face – primarily with peers  
**Symbol** – Pulling face down
7. Power and control – relationships with women, drugs, and money  
**Symbol** – Muscle arms in the air
8. Possessive attitude – I can take what I want.  
**Symbol** – Arms clutched at chest like holding onto something
9. Uniqueness – No one is like me. I can drive this fast because I am such a good driver.  
**Symbol** – Shake and/or waiving hands in the air to get attention

## Responsible Thinking

The opposite of Thinking Errors is Responsible Thinking and transitioning to leafy green type thinking

1. Open channels –being open to ideas, even bad ones. Really listen.  
**Symbol** – open palm
2. Personal accountability –  
**Symbol** – counting on fingers as if listing what you are doing to be accountable.
3. Self-respect –Knowing who you are as to the things you do well and the things you don't know so well.  
**Symbol** – shake own hand.
4. Daily effort –Daily work at being responsible for self and thinking how his actions affect others.  
**Symbol** – Hand over the sky and then act like shoveling.
5. Self-discipline –Delay wanting what you want to by thinking of the long term goal.  
**Symbol** – slap your own hand.
6. Courage over fear — not hiding. Being honest  
**Symbol** – pulling hands down
7. Healthy relationship –doing what I learn to have good relationships  
**Symbol** – heart sign with fingers
8. Respect for others –  
**Symbol** – shake someone's hand
9. Humility –  
**Symbol** – praying hands