

# 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."