

Thinking Errors

IGNORING THE POSITIVE



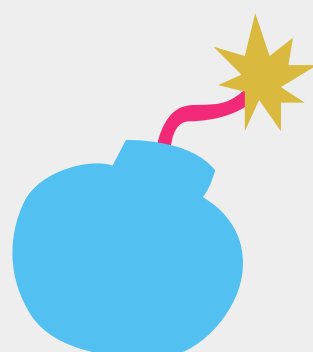
Paying more attention to the negative and ignoring anything good.

SHOULD STATEMENTS



Believing things have to be a certain way.

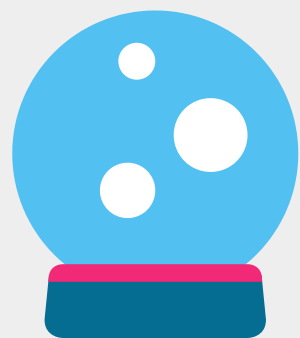
BLOWING THINGS UP



Making a really big deal out of something small or making something a little bad the worst thing ever.

Thinking Errors

FORTUNE TELLING



Thinking you know what will happen in the future, usually something bad.

FEELING AS FACT



Believing that if you feel something it must be true.

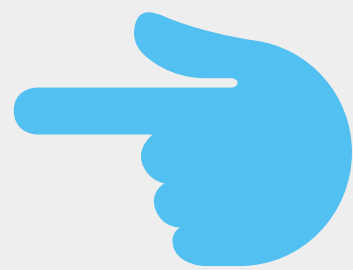
SETTING THE BAR TOO HIGH



Thinking that you must be perfect in everything you do, otherwise you're not good.

Thinking Errors

SELF-BLAMING



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

MIND READING



Believing you know what someone is thinking or why they are doing some without enough information

NEGATIVE LABELLING



Having a negative belief and applying it to everything that you do.