# THINKING ERRORS

**Thinking errors are common ways of thinking that everyone uses from time-to-time. But, they can make us feel more worried or depressed than we need to be. So, it's helpful to be able to identify when we're thinking in these ways.**

| | DEFINITION | EXAMPLE |
|---|---|---|
| **CATASTROPHIZING** | Worrying that the worst-case scenario will happen. | ○ I feel nauseous, what if I have cancer? |
| **BLACK-AND-WHITE THINKING** | Thinking in extreme categories (not seeing the shades of grey). | ○ I'm a total failure!<br>○ She's perfect. |
| **UNDERESTIMATING ABILITY** | Underestimating your ability to cope. | ○ If she leaves me, I'll fall apart. |
| **MIND READING** | Assuming you know what other people are thinking. | ○ He thinks I'm an idiot and she doesn't like me. |
| **PERSONALIZATION** | Being quick to assume self-responsibility for situations. | ○ It's all my fault.<br>○ I made her worry. |
| **FORTUNE TELLING** | Believing that your worries will definitely come true in the future. | ○ I'll fail this assignment; this will be a disaster. |
| **FILTERING** | Noticing the bad and dismissing the good. | ○ Forgetting a compliment and fixating on criticism. |
| **UNREALISTIC STANDARDS** | Setting unattainable standards for yourself and/or others. | ○ She should just *know* what I want! |
| **LABELLING** | Assigning global negative traits to yourself and others. | ○ I'm worthless.<br>○ He's lazy. |
| **JUMPING TO CONCLUSIONS** | Drawing a conclusion without enough evidence to support it. | ○ She didn't reply to my text; she must hate me! |
| **EMOTIONAL REASONING** | Assuming that your emotions reflect the way things really are. | ○ I feel worried, that means something bad will happen! |

De Andrews, G. et al. (2013). Management of Mental Disorders, 5th ed. Createspace Independent Pub.

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