



Thinking Error: 15 Definitions And Examples

All-or-nothing Thinking: Thinking in absolutes such as “always,” “never,” and “every.”
Ex: I never do anything right

Overgeneralization: Taking one instant or event and making broad interpretations from it.
Ex: My speech today went horribly. I am the worst public speaker ever.

Exaggeration: Giving a thought, feeling, or event more importance than it holds
Ex: My shoes are completely ruined. Look at this stain on the heel.

Catastrophizing: An anticipation of the worst possible outcome.
Ex: He didn't answer my call, he must be dead.

Minimization: Giving less significance to an important thought, feeling, or event.
Ex: My brother and I aren't close, so it's no big deal he lied to me

Downplaying the positive: Discounting positive traits or qualities.
Ex: I know I'm a nice person, but isn't everyone

Mental filter: interpreting events through a negative lens and ignoring the good
Ex: They only gave me the gift to buy my friendship

Negative Labeling: Taking a single mistake and turning it into a defining characteristic
Ex: I am a mistake. I should have never been born.

Mind-reading: Making an assumption that you know exactly what someone else is thinking
Ex: People think I'm weird

Fortune-telling: Making an assumption about the future without sufficient evidence
Ex: If I ask for help no one will listen

Emotional Reasoning: When emotions are interpreted as facts
Ex: I feel ugly so it must be true

Self-blame: Taking responsibility for someone outside of our control
Ex: It's my fault my dad doesn't control his anger



Holistic Ambassadors: Empowering the Whole Self to Serve Others



Other-blaming: Holding others responsible for our thoughts, feelings, and behaviors
Ex: Look what you made me do

Magical Thinking: Belief that acts will influence unrelated situations
Ex: I can smoke all I want and never get cancer