



10 COMMON THINKING ERRORS

BLACK AND WHITE THINKING	Thinking in black and white is thinking that everything is either good or bad, there is no in-between.
UNREAL IDEAL - UNFAIR TO COMPARE	Making unfair comparisons between specific individuals and yourself.
FILTERING	You hone in on the negative aspects of your situation, and you ignore or dismiss positive aspects.
PERSONALIZING	When you personalize, you feel responsible for everything even when it's not your fault.
SEEING THE FUTURE	Predicting the future with no credible information.
CATASTROPHIZING	You exaggerate the consequences and you imagine that things are or will be disastrous.
OVERGENERALIZING	You exaggerate the frequency of negative things in your life, like mistakes, disapproval, and failures.
FACT VERSUS FEELING/THINKING	Confusing your thought or feelings with reality.
LABELING	You take one characteristic or fault of a person, and apply it to the whole person.
CAN'T STAND "IT IS"	People can become very intolerant when they have things to do they don't enjoy.

BEVERAGES