



# 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.

Thinking Error	Definition	Example
<b>Catastrophising</b>	Worrying that the worst case scenario will happen.	I feel nauseous, what if I have cancer?
<b>Black-and-White Thinking</b>	Thinking in extreme categories (not seeing the shades of grey).	I'm a total failure! She's perfect.
<b>Underestimating Ability</b>	Underestimating your ability to cope.	If she leaves me, I'll fall apart.
<b>Mind Reading</b>	Assuming you know what other people are thinking.	He thinks I'm an idiot and she doesn't like me.
<b>Exaggerated Responsibility</b>	Taking total responsibility for anything bad that happens.	I made him worry, it's my fault we broke up.
<b>Fortune Telling</b>	Believing that your worries will definitely come true in the future.	I'll fail this assignment, this will be a disaster.
<b>Labelling</b>	Assigning global negative traits to yourself and others.	I'm worthless. He's lazy.
<b>Jumping to Conclusions</b>	Drawing a conclusion without enough evidence to support it.	She didn't reply to my text, she must hate me!
<b>Emotional Reasoning</b>	Assuming that your emotions reflect the way things really are.	I feel worried, that means something bad will happen!
<b>Unrealistic Standards</b>	Setting unattainable standards for yourself and/or others.	She should just <i>know</i> what I want!
<b>Filtering</b>	Noticing the bad and dismissing the good.	Forgetting a compliment and fixating on criticism.