Thinking errors

Thinking error	Description	Example
'All or nothing' or 'black and white' thinking	You do not do things by halves – there is no middle ground or shades of grey. People are either successful or a failure; they either like you or hate you; you are either right or wrong.	
Overgeneralising	You take one specific event and apply it to lots of others in your life; this includes a negative evaluation of yourself.	
Minimising and maximising	You blow things out of proportion, making mountains out of molehills; you underplay and undervalue your strengths but emphasise your weaknesses.	

Fortune-telling	You predict that things will turn out badly, no matter what you say or do.	
Emotional reasoning	You base your judgement of the situation on how you are feeling. You *feel* anxious so you *think* there must be danger.	
Selective abstracting	You focus on one negative aspect of an event rather than taking all aspects into account.	

Discounting the positive	You discount positive things about yourself.	
Personalising	When something goes wrong, you blame yourself. The same is not true when things go right.	
Mind-reading	You think you know what others are thinking. This is very common and usually involves believing they are thinking something bad about you.	