

Thinking Errors

Type 1 Thinking Errors: Unwilling to Accept Responsibility

- **Denial.** The individual pretends it didn't happen, and might even try to fool himself into thinking it didn't happen. If he denies it ever happened, maybe it will go away.
- **Shifting the Focus.** The individual tries to turn people's minds and attention onto something else, and distract them from the real issue.
- **Blaming Others.** The individual blames the problem and his own behavior, on someone or something else.
- **Blaming the Victim.** The individual blames the victim, as though he wasn't at fault, and somehow the victim brought it on him/herself.
- **Intellectualization.** The individual tries to use ideas and intellect to sidetrack issues and out-think the opposition, finding excuses and explanations.
- **Innocence/Playing Dumb.** The individual acts as though he didn't know it was wrong or against the rules, or pretends he didn't know better.
- **Rationalization.** The individual finds reasons, explanations, and excuses for what he did.
- **Justification.** The individual find reasons to explain the "correctness" of what he did, as though it was okay.
- **Minimization.** The individual downplays the importance of what happened, or its meaning.
- **Dismissal.** The individual disregards, ignores, or brushes aside what happened or other people's feelings as though they don't matter.
- **Angelic Thinking.** This is a victim stance, in which the individual portrays himself as a wonderful person, incapable of breaking the rules or harming someone.

Type 2 Thinking Errors: Self Defeating

- **Catastrophic Thinking.** The individual magnifies the impact of negative experiences to extreme proportions.
- **Hopelessness.** The individual assumes that nothing will ever work out, and that things will always go wrong.
- **Over-Generalization.** Something goes wrong in one situation, and the individual applies it to all situations.
- **Black-and-White Thinking.** The individual sees things as "all-or-nothing;" things are either one way or the other.
- **Oughts, Shoulds, and Musts.** The individual feels life ought to be a certain way, or he should do something, or things must go the way he wants them to.
- **Negative Predictions/Fortune Telling.** The individual predicts failure in situations yet to happen because things have gone wrong before.
- **Projection.** The individual makes negative assumptions about the thoughts, intentions, or motives of another person, which are often "projections" of his own thoughts and feelings about the situation.
- **Mind Reading.** The individual feels that others should know how he feel or what he wants even though he doesn't tell them.
- **Labeling.** The individual labels himself or someone else negatively, way, which shapes the way he sees himself or that other person, often for simplistic reasons.
- **Personalization.** The individual treats a negative event as a personal reflection or confirmation of his own worthlessness.
- **Negative Focus.** The individual focuses mainly on negative events, memories, or implications while ignoring more neutral or positive information about himself or a situation.
- **Avoidance.** The individual avoids thinking about emotionally difficult subjects because they feel overwhelming or insurmountable.
- **Emotional Misreasoning.** The individual draws an irrational and incorrect conclusion based on the way he feels at that moment.

Type 3 Thinking Errors: Narcissistic

- **Life is too hard.** The individual feels that life is just too unfair, and somehow owes him more.
- **Entitled.** The individual feels as though he deserves good things, even if he doesn't have to work for them.
- **Victim Stance.** The individual feels as though he's the victim of the whole world, and that he's the one who's been harmed.
- **Grandiose.** The individual feels as though he's better or more important than other people, or others should and do look up to him.
- **Revenge.** The individual feels as though he's been wronged and is allowed (or entitled) to get his revenge.
- **Personalization.** The individual feels as though the rules are applied only to him, instead of everyone, and that people and things are against him personally.
- **One Upmanship.** The individual feels he has to do better than everyone else, and show everyone that he's the best.