

When Your Mind Lies to You

• CHECKLIST OF THOUGHT DISTORTIONS •

Stinkin' Thinkin' ➔ THOUGHTS THAT ARE EXAGGERATED, IRRATIONAL, IMBALANCED

ALL-OR-NOTHING THINKING Does the thought you are thinking contain the words "Never" and "Always"? You are looking at things in black-and-white. Example: "My relationships never work out."	NAME CALLING Are you resorting to name calling when upset with yourself or others? Example: Instead of saying "I made a mistake," you tell yourself, "I'm a Loser" or instead of saying "He made a mistake" you say "He's an asshole."	OVERGENERALIZATION FALLACY Are you taking one event and assuming all future events will turn out the same? Are you assuming that this one event says something about you as a person? Are you coming to conclusions based on insufficient evidence? "I cannot pay my rent, so I am a loser and destined to be broke forever." Overgeneralizations can point to negative core beliefs about you and others that need examining.	MAGNIFYING OR MINIMIZING Are you blowing an event out of proportion? Are you imagining worst case scenarios? Are you minimizing an event denying how upsetting/inappropriate it actually is? Example: Someone cuts you off in traffic and you give them the finger. Example: Someone is abusive to you and you say to yourself "It's no big deal. My friend has been treated worse."
NEGATIVE MENTAL FILTER/ DISCOUNTING THE POSITIVE Are you picking out a single negative detail, comment, event and dwelling on it? Are you discounting the positives? Do you think the positives don't count?	EMOTIONAL REASONING Are you making the false assumption that just because something FEELS true, it is true? Are your emotions blotting out reason and logic? Example: "I feel inferior to others in this group, so I must be."	FAIRNESS FALLACY Does the thought you are thinking assume life is fair?	CATASTROPHIZING Are you imagining the worst possible outcome/the worst case scenario? Is it realistic? Example: "My son just got suspended from school, he will probably wind-up drug addicted and in jail."
JUMPING TO CONCLUSIONS Are you jumping to conclusions without all the facts? Mind-Reading: Are you reading another person's mind? Are you assuming other people's reactions indicate they don't like/respect/trust you? Are you reading into someone's motives and drawing conclusions without evidence? Fortune-Telling: Are you predicting the future? Are you acting as though you know the future and that it will turn out badly?	THE BLAME GAME Self-Blame: Are you blaming yourself for something you weren't entirely responsible for? Are you taking everything upon yourself as the one at fault? Example: "If only I had not been late, everyone would have had more fun." Other-Blame: Are you blaming others and overlooking how you contributed to the problem or could have prevented it? Are you playing the "I am a victim card?" Example: "Stop making me feel bad."	PERSONALIZATION Are you interpreting others actions as a direct, personal reaction to you? Do you think you are the cause of someone else's bad mood or behaviours?	SHOULD STATEMENTS Are you thinking something should/should not be happening? Example: I should not lose my temper." "So and So should be handling this situation better".
HEAVEN'S REWARD (SELF-SACRIFICE) FALLACY Do you harbor the belief that if you sacrifice yourself (deny your own needs) eventually it will pay off? Do you think that if you do the right thing even at your personal expense, you will be rewarded accordingly?	I NEED TO BE RIGHT Are you approaching a conflict with the need to be right? Does the idea of being wrong feel unacceptable or shameful? Is being right more important than harmony in the relationship? Are you filtering the world for evidence to prove your beliefs are right? Example: "You are wrong and here is why..."	OTHERS NEED TO CHANGE FALLACY Do you have a false expectation that others will change with enough pressure or persuasion? Do you believe that everything would be just fine "if only" this person would do this or that? Example: "If only I could get through to my boss, she would be a much better person to work with."	CONTROL FALLACY Do you have an unrealistic belief about how much (or how little) control you actually have over a situation? Example: "I have an addiction to sugar, but I can moderate my consumption" "I have an addiction to sugar but I cannot give it up."