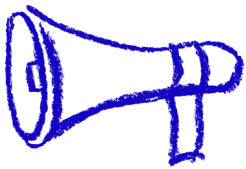# Thinking Errors

Negative Thinking. Concentrating on the negative and ignoring the positive.

Examples:

- Having one bad experience in in an otherwise good day and only focusing on that one bad experience.

- Getting really good results in school and only focusing on that one test that didn't go as planned. thought

Magnifying. Making an unpleasant experience sound worse than it really is, or making a small inconvenience sound like a really big problem.

Examples:

- You don't get to watch your favourite film over the weekend and you think you'll never get the chance to watch it again.

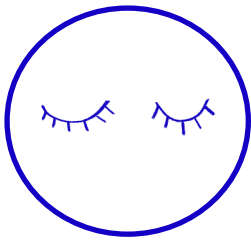- "I've missed the bus! Everything in my life is going wrong!"

Predicting. Guessing what will happen in the future and thinking it will be negative or unpleasant.

Examples:

- "I know if I ask my friend to come over they will say no."

- "I bet no one will show up at my school concert".

Thinking Errors

Thought reading. Thinking you know someone's thoughts or intentions without asking them.

Examples:

- "Everyone is looking at me. They probably think I'm silly.."
- "I didn't get invited to my friend's party. They probably don't like me.."

Negative Self-Talk. Thinking negatively about yourself and the things you do.

Examples:

- "I'm weird and my drawings are awful."
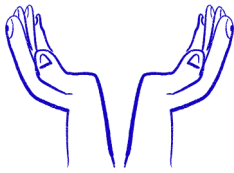- "I'm silly. My jokes aren't funny at all."

Perfectionism. Aiming to do everything perfectly, otherwise you're not good enough.

Examples:

- "If I don't attend all these optional classes, I'm not a good enough student."
- "If I don't score a goal every time, I'm not a good footballer."

Thinking Errors

Blaming yourself. Thinking that it's your fault if things go wrong, even if it isn't.

Examples:

- When your team don't win, you think it's because of you.
- "Mum is sad today. It's probably my fault."

Thinking of feelings as facts. Thinking that if you feel something it must be true.

Examples:

- "I feel silly, so I must be silly."
- "I feel like I'm a bad person, so I must be a bad person."

"Should" Thinking. Thinking that things should be a certain way.

Examples:

- "I should always be upbeat and happy."
- "I should always be trying to please other people."