

THINKING ERRORS

EXAMPLES OF COGNITIVE DISTORTIONS
THAT SKEW OUR PERCEPTION AND
DECISION-MAKING





EXAMPLES OF THINKING ERRORS

- 1. All Mine:** “It’s my right. I’m entitled to it”.
- 2. All or Nothing:** Thinks in extremes of black and white. No moderation.
- 3. Anger:** Uses anger to control, manipulate, or intimidate others.
- 4. Assuming:** Believes they know how others think and feel without asking them.
- 5. Building self up:** Puts others down to avoid being put down.
- 6. Clinging Vine:** Overly dependent on others. Relies on others for reassurance.
- 7. Closed Channel:** Filters out any messages which contradicts their way of thinking.
- 8. Concrete Thought:** Oversimplifies or overgeneralizes ideas or experience.
- 9. Corrosion and Cut Off:** Blanks out empathy or conscience to avoid dealing with sense of wrongfulness of one’s behavior.
- 10. Deferment:** Puts off constructive or corrective action to avoid discomfort.

A dramatic landscape photograph of a mountain range with snow-capped peaks and rocky slopes. A white rectangular text box is centered over the middle of the image.

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11. Denial: Claiming no issue or problem exists, or reducing its importance.

12. Disqualifying: Rejects experience through discounting its importance or value.

13. Doormat: Sub-assertive, submissive, passive-aggressive.

14. Excuses: Unwilling to take responsibility or devises a 'good' reason(s) for bad behavior.

15. Fact Stacking: Arranges information selectively for one's own benefit.

16. Failure to Assume Obligation: Commitment seen as weakness and vulnerability to other control.

17. Failure to Assume Responsible Initiative: Afraid to take on tasks due to anticipation of stress or boredom. Fails to acquire information to succeed at anticipated task.

18. Failure to Consider Injury to Others: Considers costs only to themselves. Refusal of empathy.

19. Failure to Endure Adversity: Escapes into criminal or narcissistic thought to avoid dealing with problems.

20. Fear of Fear: Sees fear as failure, since acknowledging fear requires considering consequences, and might stop them from getting what they want.



EXAMPLES OF THINKING ERRORS

- 21. Feeding Others:** Pushing the listener away by telling him or her what they want to hear.
- 22. Fortune Teller:** Convinced that their prediction is already a fact.
- 23. Fragmentation:** Dismisses emotions or morals when they do not fit current plans.
- 24. Grandiosity:** Extreme self-centeredness or overvaluation of needs.
- 25. Great Expectations:** Optimism to the point of absurdity. No critical thought.
- 26. Helplessness:** Avoids responsibility through primitive behaviors.
- 27. Hop Over:** Diverts conversation to a more comfortable issue.
- 28. I Can't:** Equals "I Won't".
- 29. Jumping to Conclusions:** Negative or overly positive conclusions drawn without objective examination of the facts.
- 30. Justifying:** Claims higher authority or logic to support conclusions made emotionally.



EXAMPLES OF THINKING ERRORS

- 31. Keeping Score:** Stays on top of others through illegitimate criticism or claims.
- 32. Labeling:** Uses negative or global terms, e.g. “You' a loser” instead of describing the error specifically. Intellectually lazy conclusions.
- 33. Lack of Interest:** Loses interest unless immediate gain or recognition is perceived.
- 34. Lack of Time Perspective:** Does not make realistic plan or preparations for one’s future.
- 35. Lack of Trust:** Demands trust from others, yet will not invest trust in others.
- 36. Later, man:** Puts things off due to laziness or to control other, a.k.a. Procrastination.
- 37. Lies of Omission:** Tells only part of the truth, selectively leaving out parts they don’t want you to know.
- 38. Triangulation:** Brings two or more other people into conflict and maintains an innocent posture
- 39. Lonerism:** Feels apart from the world; maintains a secretive, non-involved lifestyle. Usually a sign of social incompetence.
- 40. Lying:** Confuses others or oneself by intentionally distorting the truth.

A background image of a rugged mountain range with snow-capped peaks and rocky slopes. A white rectangular box is centered over the middle of the image, containing the title text.

EXAMPLES OF THINKING ERRORS

41. I'm Special and Unique: "I'm different.". "I have special wants." "I'm the most important." Exists at about the five-year-old level of maturity.

42. User: Takes advantage of others' good-naturedness or generosity. No guilt.

43. Vagueness: Avoids challenge by being nonspecific.

44. Victim Stance: Presents self as victim to avoid dealing with perpetrator issues.

45. Who Cares: Indifferent, apathetic, detached. Masks anger well.

46. Worry Wart: Anxious, obsessive focus on fear, distress, or anticipated negative outcomes.

47. I'm OK – You're OK: Gives compliments or uses humor or minimization to avoid conflict, anxiety, or disclosure.

48. Zero State: Not aware of emotions; feels like nothing, worthless. Avoids healthy stimulation. Emotional denial.

49. Blaming: Uses false assignment of responsibility primitively. Avoids accountability.

50. Discounting: Rejects value of experience, positive or negative, by insisting that it "doesn't count". A special form of minimization AND denial.