

typical thinking errors

Stressful or unfavorable experiences and other learning processes can lead to faulty reasoning. These can trigger unpleasant emotions and reinforce and encourage problematic behavior. Typical faulty reasoning often results in feelings of self-doubt, self-deprecation and a negative view of your current circumstances in life and your future. However, such distorted thoughts do not correspond to reality, and are usually excessively negative. Faulty reasoning occurs automatically, because you have grown accustomed to the corresponding thoughts over many years and they therefore seem to you to be true. In the following list are some of the typical results of faulty reasoning and distortions of thought. You may find one or two familiar. In the right column there is space for you to note down the results of your own faulty reasoning.

Faulty reasoning	Example	Your own examples
All-or-nothing thoughts	"If I get a bad grade in the exam, there'll be no need to continue at all."	
Catastrophizing	"I'll be so nervous that I won't be able to say a word."	
Mindreading	"My fellow student is looking at me in a strange way. She thinks I'm weird."	
Emotional reasoning	"The fact that I feel bad proves that I did something wrong."	
Personalization	"If my boyfriend breaks up with me, it will be my fault."	
Generalization	"I made three mistakes again in this exam. I'll never get my Bachelor's degree."	
Selective perception	"Anna hasn't called me back yet, which means she doesn't like me."	
Arbitrary reasoning	"My boyfriend wants to talk to me. He's probably breaking up with me."	