

## Conflict Management Group

### Orientation THINKING MISTAKES

There are some ways of thinking that are just MISTAKES.

- If we tend to use any of these ways of thinking we need to be aware – so we can stop it.

#### 13 THINKING MISTAKES:

<b>All-or Nothing Thinking</b>	You look at things in absolute, black-and-white categories.	<b>Give an Example:</b>
<b>Over Generalization</b>	you view a negative event as a never-ending pattern of defeat.	<b>Give an Example:</b>
<b>Mental Filter</b>	You dwell on the negative.	<b>Give an Example:</b>
<b>Discounting the Positives</b>	You insist that your accomplishments or positive qualities don't count.	<b>Give an Example:</b>
<b>Jumping to Conclusions:</b> - <b>Mind Reading</b>	You assume that people are reacting negatively to you when there's no definite evidence.	<b>Give an Example:</b>
<b>Jumping to Conclusions:</b> - <b>Fortune Telling</b>	You arbitrarily predict that things will turn out badly.	<b>Give an Example:</b>
<b>Magnification</b>	You blow things way out of proportion.	<b>Give an Example:</b>
<b>Minimization</b>	You shrink their things importance.	<b>Give an Example:</b>
<b>Emotional Reasoning</b>	You reason from how YOU feel: "I feel like an idiot, so I really must be one."	<b>Give an Example:</b>
<b>"Should Statements</b>	You criticize yourself (or other people) with "should," "ought's," "musts," and "have to's."	<b>Give an Example:</b>
<b>Labeling</b>	Instead of saying "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or "a loser."	<b>Give an Example:</b>
<b>Personalization</b>	You blame yourself for something you weren't entirely responsible for.	<b>Give an Example:</b>
<b>Blaming</b>	You blame other people and deny your role in the problem.	<b>Give an Example:</b>