7 ERRORS IN THINKING METHOD

1) CLOSED-MINDED
2) DISCREDITING
3) DRAMATIZING
4) JUMPING TO CONCLUSIONS
5) ONE-WAY-OR-THE-OTHER
6) OVERGENERALIZING
7) PERSONALIZING

Derived from the work of Aaron T. Beck, M.D.

12 ERRORS IN THINKING STYLE

1) Everybody should love or respect me.
2) I must do everything perfect or right.
3) People who do bad should be seen as bad.
4) I must get what I want or it’s terrible!
5) They should stop causing my bad feelings.
6) When I’m afraid—I must stay afraid.
7) It’s hopeless—so I must be helpless.
8) The past should be blamed for the present.
9) Things should get better or it’s horrible!
10) I must have nothing to do to be happy.
11) I must have help or I can’t make it.
12) I must not be blamed for my feelings.

Derived from the work of Albert Ellis, Ph.D.