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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.