

7 Thinking Errors: Aaron Beck & CT

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| 1 | Closed-Minded or Selective Attention |
| 2 | Discrediting, Discounting, or Disconfirming |
| 3 | Dramatizing, Exaggerating, or Magnifying |
| 4 | Jumping to Conclusions or Arbitrary Inference |
| 5 | One-Way-Or-the-Other, Extremism, Polarization |
| 6 | Overgeneralizing, All-Inclusive, or Globalizing |
| 7 | Personalizing, Egocentric, or Overly Subjective |

Sources for the seven thinking errors:

Cognitive Therapy of Depression, Beck, Aaron T., et al. (1979).

A Practical Guide to Cognitive Therapy, Schuyler, Dean (1991).

Comprehensive Textbook of Psychiatry/V, Kaplan, Harold I., and Sadock, Benjamin J. (1989).