

## COMMON THINKING ERRORS

### Errors in Interpretation

#### *Catastrophizing*

- The worst possible outcomes are predicted. Imagining that basic needs (safety, self-esteem, sustenance, etc.) are threatened.
- Examples: "Everyone will think I'm an idiot," "I'm going to look stupid in front of the whole class"

#### *Faulty Estimates*

- An inaccurately high probability of danger is estimated.
- Example: A car weaves slightly in the lane next to you and you think "That guy almost hit me!"

#### *Gross Generalizations*

- The danger perceived in one event is imagined to happen everywhere
- Example: You hear that there's an accident on the same road a friend of yours sometimes go down and you worry that it might be that person in the accident.

#### *Polarization*

- Aspects of danger associated with a person or situation are seen in absolute black-or-white terms.
- Example: Seeing things as either safe or dangerous, never in-between

#### *Minimization of safety factors*

- Facts that indicate protection or safety are minimized or ignored.
- Example: Even though you've studied for an exam, thinking that you don't know any of the material

### Errors Related to Coping

#### *Minimization of Coping Capability*

- Expression of a lack of control or helplessness are not in line with your capabilities
- Example: "If he called on me in class, I would freeze up," "I don't know what I would do if that happened"

#### *Unrealistic expectation for outcome*

- Expectation for outcome is expressed in terms of perfection, certainty, or control
- Example: "I can never make any mistakes"