

THINKING ERRORS

GROUP LEADER GUIDE

THINKING ERROR	HOT THOUGHT	COOL THOUGHT
Mindreading/Jumping to Conclusions: We think we know what other people are thinking.	He did it on purpose. She wanted to hurt me. That teacher doesn't like me.	There are many reasons for people's behavior. I can't assume this without checking it out.
Blowing things out of proportion: Making things bigger than they really are.	This is terrible (...awful, unbelievable, horrible, etc.) This stinks!	This is a hassle, but it's not the end of the world. How important will this be tomorrow, next week, next year?
Overgeneralization: When we think something "always" or "never" happens.	You're always late! You <u>never</u> appreciate the things I do.	This is only one time. I need to talk about what is happening right now.
Labeling: Describing a whole person based on a single characteristic or behavior	He's a loser. She's selfish. You're just lazy.	People are not all bad or all good. Other people mistakes, just like me. Thinking like this fuels my anger.
Should-ing: Believing that things should always go the way you want or that everyone else should follow the same rules that you do.	I should be able to do what I want to do. If I work hard for something, I should get it. She should know why I'm angry with him.	I can't always have what I want. Other people don't know what I need or feel unless I tell them. Sometimes I need to tell them more than once.
Change myth: When you believe that if you try hard enough you can change someone's mind.	If I keep bugging my mom she will let me do what I want to do. If I embarrass my mom in front of someone, she will give in to me.	My mom usually has a good reason for not letting me have my way. Embarrassing my mom will not get me what I want and it will make my mom angry.
Caring myth: Believing that if others care about you, they will do what you want them to do.	You must not really love me if you won't let me have what I want.	When others disappoint me, it doesn't necessarily mean they don't care.
Fairness myth: Believing that if others care about you, they will do what you want them to do.	Hey, no fair, it's my turn. It's not fair.	Calm down. It will be my turn in a minute. Things are not always fair.
Perfection myth: Believing that you and others must behave perfectly all of the time.	Why don't they ever remember that I don't like that? I'm not doing it right.	People make mistakes. I can be patient with myself and others. Even with my flaws, I'm a valuable worthwhile person.
Thresholding: Setting an arbitrary limit about what you can stand.	If she says one more word, I'm going to scream.	I'm not going to make decisions based on someone else's behavior.