



PLEASE NOTE
MISTAKES
OF THINKING

01

■ Everything or nothing/ black or white.

The point of this mistake is the sickly pursuit of perfection. If something went wrong, everything seems to have failed. The mistake is obvious – usually a minor failure does not result in a catastrophe.



02

■ Excessive generalization

The point of this mistake is faulty generalization of an individual case (e.g. “I received a bad grade – I am a poor performer and loser”)



03

Filter of thoughts.

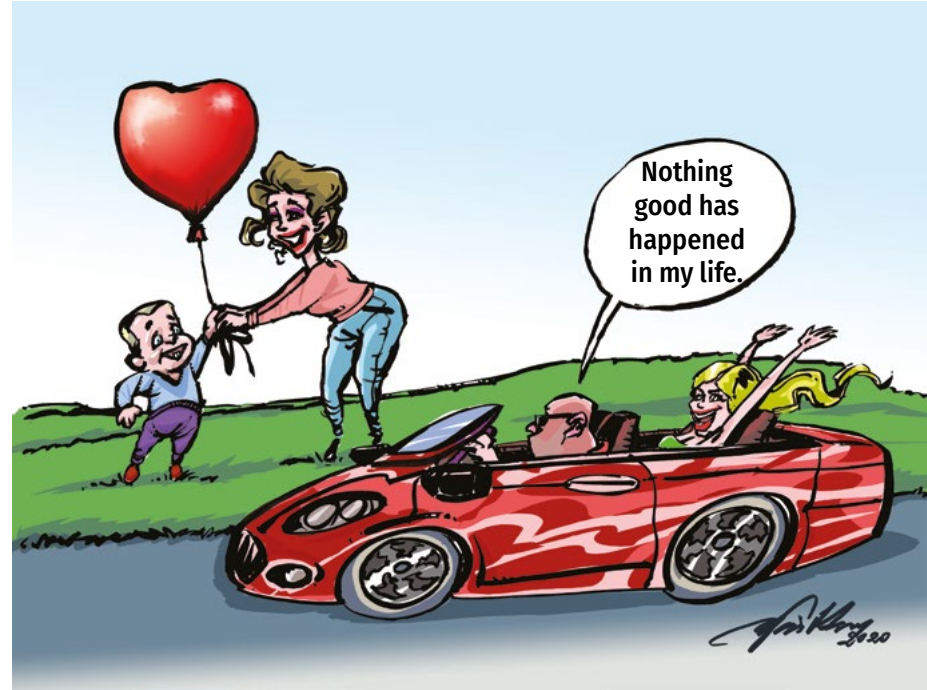
The point of this mistake is that from the thinking or discussion we take everything what is uncomfortable, unsuitable, makes us see a different picture of the world. It seems that a person doesn't see some things at all. Usually good things are eliminated, although sometimes negative ones are also eliminated.



04

■ Underestimation of good things.

The point of this mistake: good things are called unimportant, meaningless or are belittled in other ways. Everything that can be good and positive is just negative.



05

■ Reading of thoughts.

The point of this mistake: a person is convinced that he knows what the other person is thinking. No matter what a person would think or say, the mind reader always knows better and usually doesn't even doubt his fantasies. Such people do not hear objections.



I know everyone hates me.

06

■ Prediction of the future.

The point of this mistake is jumping to conclusions. For no reason at all, in the absence of any justification, the conclusions are made and presented as fact. A person talks about what will happen although there is no evidence, and in any case it is not clear on what basis such future was conceived.



07

■ **Exaggeration.**

The point of this mistake: not important things are exaggerated, and presented as if they were of essential, critical value. The size (importance, significance) is distorted and everything is easily reversed upside down.



08

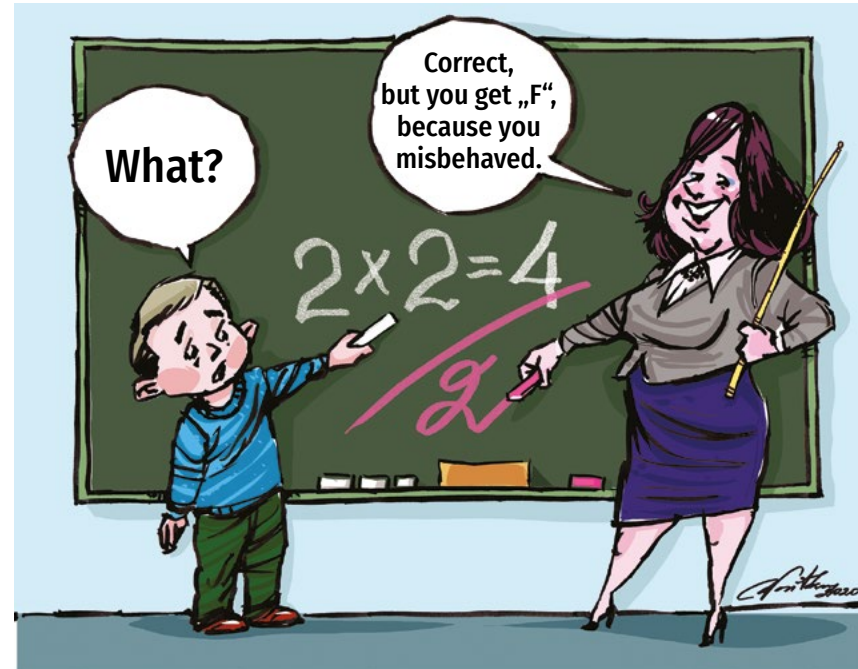
■ Reduction.

The point of this mistake: things that are important enough are reduced to such an extent, that they seem insignificant, unimportant.



■ Emotional assessment.

The point of this mistake: a person who experiences strong emotions can no longer think logically, so the assessment of the situation changes, intensifies a lot or sometimes even other things are taken into consideration. In case of propaganda, when human emotions are provoked, distorted information is provided.



10

■ Obligations.

The point of this mistake: a person believes that some things are obligatory and then later gets indignant that this is not the case. Obligational requirements are unrealizable, redundant or even inadequate. The mistake of obligations is based on much more complex inventions than other mistakes of thinking, so it often seems like a fairly rational, intelligent speech.



11

Labels.

The point of this mistake: a negative label is attached to a person, a phenomenon or something else to which everything is associated. Sometimes because of a negative label even a good thing looks bad. Labelling is one of the most stupid mistakes. It is usually made when a person is severely affected emotionally.





12

■ Personification.

The point of this mistake: certain mischiefs are attributed to one person (often to oneself) although there is no evidence of his guilt. It is exceptional in the way that one person is blamed for all negative things. In making this mistake, all other mistakes in thinking are directed at a specific person or group of people.





Compiled from "Please note Mistakes of thinking"
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