



Common Thinking Errors



Binocular vision

Looking at things in a way that makes them seem bigger or smaller than they really are



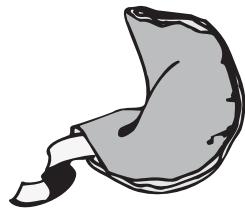
Black-and-white thinking

Looking at things in only extreme or opposite ways (for example, thinking of things as being good or bad, never or always, all or none)



Dark glasses

Thinking about only the negative parts of things



Fortune-telling

Making predictions about what will happen in the future without enough evidence



Making it personal

Blaming yourself for things that are not your fault



Blame game

Blaming others for things you should take responsibility for