

THINKING TRAPS

	Distortions	Methods
Thinking in Extremes	<ol style="list-style-type: none"> 1. Black-and-White Thinking (Polarized Thinking, All-or-Nothing Thinking, Splitting, Dichotomous Reasoning) 2. Overgeneralization 3. Mental Filter (Filtering, Selective Abstraction) 4. Discounting the Positive (Disqualifying the Positive) 5. Magnification (Awfulizing, Catastrophizing) 	<ul style="list-style-type: none"> ▪ Thinking in Shades of Gray ▪ Examine the Evidence ▪ Externalization of Voices ▪ Double-Standard Technique ▪ Consider Alternate Possibilities ▪ Keep a “Don't-Know” Mind ▪ Survey Technique ▪ Let’s Define Terms ▪ Reattribution ▪ Acceptance Paradox ▪ Semantic Method
Arbitrary Inferences	<ol style="list-style-type: none"> 6. Jumping to Conclusions (Inference-Observation Confusion) 7. Fortune Telling 8. Mind Reading 9. Labeling (Mislabeling) 	
Personalization	<ol style="list-style-type: none"> 10. Personalization (Me, Self-Blame) <ul style="list-style-type: none"> ▪ Helplessness 11. Blame (Them, Other-Blame) <ul style="list-style-type: none"> ▪ Always Being Right 12. Emotional Reasoning (Naïve Realism, Affective Realism) 13. Should (Should Statement, “Musturbation”) <ul style="list-style-type: none"> ▪ Perfectionism ▪ Comparison ▪ Fallacy of Fairness 	