

Errors in logic or painful thinking

1. **Filtering or negative bias**—taking negative details and magnifying them, while filtering out all positive aspects of a situation.
2. **Polarized thinking**-- thinking of things as all good or all bad, perfect or failures, with no middle ground.
3. **Over generalization**—jumping to a general conclusion based on a single incident or piece of evidence; expecting something bad to happen over and over again if one bad thing occurs
4. **Mind reading**—thinking that everything people do or say is some kind of reaction to you, comparing yourself to others, trying to determine who's smarter or better looking
5. **Control fallacies**—feeling externally controlled as helpless or a victim of fate or feeling internally controlled, responsible for the pain and happiness of every one around
6. **Fallacy of fairness** --feeling resentful because you think you know what is fair, even though other people do not agree
7. **Blaming** --holding other people responsible for your pain or blaming your self for every problem
8. **Should's**-- having a list of iron clad rules about how you and other people should act become angry at people who break the rules and feeling guilty if you violate the rules
9. **Emotional reasoning** believing that what you feel must be true automatically (if you feel stupid then you must be stupid).
10. **Fallacy of change** expecting that other people will change to suit you if you pressure them enough; having to change people because your hopes for happiness seem to depend on them
11. **Global labeling** generalizing one or two qualities into a negative global judgment
12. **Being right** providing that your opinions and actions are correct on a continual basis, thinking that being wrong is unthinkable, going to any lengths to prove that you are correct
13. **Heaven's reward fallacy** expecting all sacrifice and self denial to pay off, as if there were some one keeping score, and feeling disappointed and even bitter when the reward does not come
14. **Catastrophizing** expecting disaster hearing about a problem and then automatically considering the possible negative consequences(what if tragedy strikes, what if I lose everything)
15. **Personalization** thinking that people do or say is some kind of reaction to you, comparing yourself to others trying to determine who's smarter or better looking

Sometimes we latch onto a story and that story becomes our lives