

Common Thinking Errors

Student _____

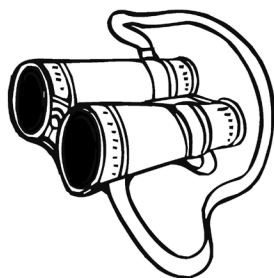
Grade/Class _____

Teacher/Counselor _____

Date _____

Binocular Vision

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



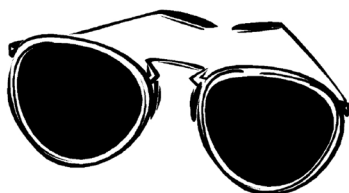
Black or White Thinking

Looking at things only in extreme or opposite ways (for example, good or bad, always or never, all or nothing).



Dark Glasses

Thinking about only the negative aspects of things.



Fortune-Telling

Making predictions about what will happen in the future without supporting evidence.



Making It Personal

Blaming yourself for things that are not your fault or that you have no control over.



Blame Game

Blaming others for things you should take responsibility for.

