

CWSH 10: Client handout Common thinking errors

(The material in this handout is adapted from Beck, J. (1995). *Cognitive Therapy, Basics and Beyond*. New York: Guildford Press: ch. 8, 119)

- **all-or-none thinking:** for example: 'If I fail one test, I am a total failure'.
- **mental filter:** interpreting events based on what has happened in the past.
- **overgeneralisation:** the expectation that just because something has happened once, it always will.
- **catastrophising:** the exaggeration of the impact of events; imagining the worst case scenario.
- **mistaking feelings for facts:** often people get confused between feelings and facts.
- **'should' statements:** living in the world of the 'shoulds', 'oughts', and 'musts'.
- **personalising:** often people blame themselves for any unpleasant event, and take too much responsibility for others' feelings and behaviours.
- **discounting positive experiences:** people often discount positive things that happen.
- **mind reading:** making assumptions about what others think.
- **labelling:** attaching global, negative labels to yourself or others