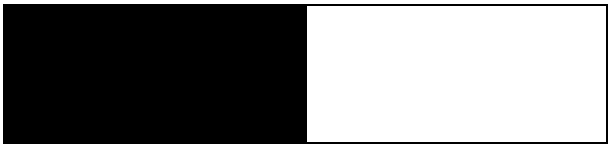
Common Thinking Errors

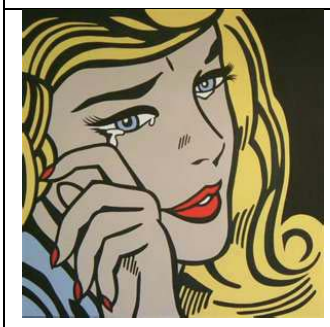
Binocular vision
Looking at things in a way that makes them seem bigger or smaller than they really are!



Black-and-white thinking
Looking at things in only extreme or opposite ways (thinking of things as being good or bad, never or always, all or none) Nothing in the middle!!!

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