

## Thinking Biases Criteria

| Thinking bias                 | What to look out for   |
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| All or nothing thinking       | Viewing things as either right or wrong. There is no middle ground. Things are either perfect or fundamentally flawed. There is just black or white, grey does not exist., e.g., always/never, good/bad.         |
| Disqualifying the positive    | Positives don't count, there is nothing special about the way I did it. "That only happened because I was lucky."  |
| Emotional reasoning           | Using emotions as proof that things are how we feel they are. "I feel it, so it must be true."   |
| Fortune telling               | Predicting the future in a negative way without any real evidence (e.g., "It's going to be terrible.") "It will be a disaster" "I just know it".   |
| Mind reading                  | Drawing conclusions about what others are thinking without any evidence. "She doesn't like me." "They think I am stupid."  |
| Mental filtering              | Selecting specific negative ideas to dwell on and ignoring all of the positive ones.   |
| Shoulds, oughts, musts        | Having ideas that things can only be done one way. "People should ..." "I must ..." "I really ought to ..." "He shouldn't have ..."  |
| Personalising                 | Focusing on things in the immediate environment and connecting it to the self. Thinking for example, "she did that deliberately because she knew that I wouldn't like that!" The world revolves around the self. |
| Over-generalising             | Taking single events or circumstances and viewing them as happening more often than they really do. Thinking that things happen everywhere.  |
| Magnification or minimisation | Taking events and distorting them. Not dissimilar to looking at one's self through a fairground distorting mirror. Making things bigger or smaller than they really are.   |