

# Thinking Errors



**Ignoring the Good.** You pay more attention to bad things, and ignore when something good happens.

examples:

- You get one answer wrong on a long test, and all you can think about is the mistake.
- You score two goals in your soccer game, but all you can think about is the shot you missed.



**Blowing Things Up.** Making a really big deal out of something small, or making something a little bit bad seem like the worst thing ever.

examples:

- You get a stain on your new shoes and you think they're ruined and can't be worn anymore.
- "I'm not allowed to see my friends on Friday. My life is horrible!"



**Fortune Telling.** Thinking you know what will happen in the future, and that it will be bad.

examples:

- "I know if I ask her to the dance she's going to say no."
- "I know if I ask my friend if they will come to my birthday party."

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