



# Common Thinking Errors



**Binocular vision**

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



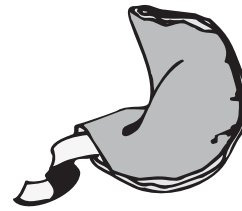
**Black-and-white thinking**

Looking at things in only extreme or opposite ways (for example, thinking of things as being good or bad, never or always, all or none)



**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