

# 10 Forms of Twisted Thinking – And How to Replace Them

Based on “The Feeling Good Handbook,” David D. Burns, MD

Thinking Error:	Description:	Impact:	Replacement:
<b>1-All or Nothing Thinking</b>	<i>Black-or-white thinking</i>	Promotes discouragement/anger – no middle ground.	<b><i>Continuum thinking – “The Dial”</i></b>
<b>2-Overgeneralization</b>	<i>Thinking “always / never”</i>	Expands a specific problem to an everlasting issue.	<b><i>Stay specific, focused on the “now”</i></b>
<b>3-Negative Mental Filter</b>	<i>Seeing only the negative</i>	Makes the positive invisible – even if there’s a lot of it.	<b><i>Identify and appreciate the positives</i></b>
<b>4-Discounting the Positive</b>	<i>Positives “don’t matter”</i>	Eliminates joy and satisfaction in the positives.	<b><i>Purposely take delight in the positives</i></b>
<b>5-Jumping to Conclusions:</b>	<i>Judgment without facts</i>	Brings on anxiety, anger, and/or depression	<b><i>Consider all the alternative scenarios</i></b>
<b>5a-Fortune Telling</b>	<i>“What if...;” catastrophizing</i>	Dread, envisioning disaster; can escalate to panic	<b><i>Stay present; Decatastrophizing</i></b>
<b>5b - Mindreading</b>	<i>“Reading” others’ thoughts</i>	Anxiety/sadness/anger, assuming the worst	<b><i>Clear communication; gather input</i></b>
<b>6 - Magnification</b>	<i>Comparing unfairly</i>	Pits your worst against others’ best - discouraging	<b><i>See your strengths and others’ as well</i></b>
<b>7-Emotional Reasoning</b>	<i>“I feel it – therefore it’s true”</i>	Upsetting judgments are made without evidence	<b><i>Listen to both your head &amp; your heart</i></b>
<b>8 - Should Statements</b>	<i>Heavy demands - self/others</i>	Discouragement (about oneself); anger (at others)	<b><i>Bring expectations in line with reality</i></b>
<b>9 - Labeling</b>	<i>Unkind names – self/others</i>	Discouragement (about oneself); anger (at others)	<b><i>Describe specific circumstances</i></b>
<b>10- Blame / Self-Blame</b>	<i>Assuming one single cause</i>	Discouragement (about oneself); anger (at others)	<b><i>“Blame Pie: (Consider all the contributing factors)</i></b>

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