

Thinking errors cannot be replaced unless they are first spotted. The way to spot errors is through familiarity. Becoming so familiar with errors that they can be easily recognized is the key to mastering the skill of accurate thinking. Below is a list of sixteen thinking errors that will assist you in mastering accurate thinking.

1. Using names or label for people, things or situations to justify not liking them, it, or the situation.
2. Jumping to conclusions without taking the time to gather the facts.
3. Filtering out the positive in order to point out the negative.
4. Polarized thinking: everything is either good or bad.
5. Overgeneralization: seeing events in terms of always or never.
6. Mind Reading: concluding what others think without proof.
7. Maximizing: blowing events and statements out of proportion.
8. Minimizing: making less out of events than what they merit.
9. Personalization: taking events and statements personally.
10. Blaming: placing blame on others or things and finding fault.
11. Poor me thinking: self pity, gloom and doom.
12. Controlling: attempting to control others and situations.
13. Emotional reasoning: if it's felt, then it must be so.
14. Being right: insisting on being right no matter what.
15. Heavens reward fallacy: bad things don't happen to good people.
16. Should statements: using shoulds, shouldn'ts, musts and oughts to motivate yourself through guilt.

Accurate thinking is perfected by the ability to spot thinking errors and replace them with intentionally structured accurate thoughts.