

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

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