
COUNSELOR CORNER ISSUE # 7 THINKING ERRORS



MARYLYNNE.RICHARDSON@
CANYONSDISTRICT.ORG

I AM THE SCHOOL COUNSELOR
AT BOTH PERUVIAN PARK
ELEMENTARY AND SUNRISE
ELEMENTARY. PLEASE REACH
OUT IF YOU HAVE ANY
QUESTIONS, OR YOU NEED
SOMEONE TO TALK TO ABOUT
HOW YOU ARE FEELING.

FEELING DOWN

When we're down, we often take on
incorrect ways of looking at things,
or thinking errors.

SKILLS

We can learn to examine our thinking
to see the errors in our thinking.

BINOCULAR VISION, BLACK-AND WHITE THINKING, AND DARK GLASSES

- Binocular Vision- This type of thinking involves looking at things in a way that makes them either bigger or smaller than they actually are
- Black-and-White Thinking- This type of thinking involves looking at things as if they are opposites, (good/bad, all/nothing)
- Dark Glasses- This type of thinking happens when we only look at the negative parts of things

FORTUNE-TELLING, MAKING IT PERSONAL, AND OVERGENERALIZING

- Fortune Telling- This thinking involves making predictions what you think will happen in the future without evidence
- Making it Personal- This thinking involves blaming ourselves for things that are out of our control, or not our responsibility
- Overgeneralizing- This thinking involves coming to a conclusion based on only one event that we think of as unfair

LABELING, DISCOUNTING THE POSITIVE, AND BEATING UP ON MYSELF OR OTHERS

- Labeling- This thinking involves putting an unfair or negative label on things or people that are usually more complicated
- Discounting the positive- This thinking involves ignoring positive things, refusing compliments, or turning positive things into negative things
- Beating Up Myself or Others- This thinking involves insisting that things be done one way—we set up unreasonable standards