21 THINKING ERRORS

POWER & CONTROL	
All or Nothing	Making Fools Of
Anger	My Way
Assuming	Secretiveness
Powerplay	Shutdown/Meltdown

SELF CENTERED	
Keeping Score	Refuse To Acknowledge Fear
Lack of Empathy	Uniqueness

DISTORTING THE TRUTH	
Confusion	Deceiving a. **Lying** (Commission) b. **Fact Stacking** (Omission) c. **Phoniness**
Downplaying	
Grandiosity	

DENYING RESPONSIBILITY	
Avoiding Consequences	Lackadaisical
Acting Helpless	Making Excuses
Blaming	

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Thought Diary
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Initials_____

Date_____

1. <u>What was the ***Event*** that was the ***Trigger*** for the ***Thinking Error*** I used?</u>

_____

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2. <u>What was the ***Thinking Error*** that I used? (Check ***All*** that were used!!!)</u>

POWER &	❑ My Way	❑ Making Fools Of
CONTROL	❑ Assuming	❑ All or Nothing
	❑ Anger	❑ Secretiveness
	❑ Shutdown/Meltdown	❑ Power Play
SELFISHNESS	❑ Uniqueness	❑ Lack of Empathy
	❑ Keeping Score	❑ Refuse To Acknowledge Fear
DISTORTING	❑ Deceiving	❑ Confusion
THE TRUTH	a. Lying (Commission)	❑ Grandiosity
	b. Fact Stacking (Omission)	❑ Downplaying or Minimizing
	c. Phoniness	
DENYING	❑ Making Excuses	❑ Avoiding Consequences
RESPONSIBILITY	❑ Blaming	❑ Lackadaisical
	❑ Acting Helpless	

3. <u>What is the ***Reason*** that you used the Thinking Error(s)? (Check all that apply)</u>

❑ Get others to feel sorry for me	❑ To Get Attention	❑ Feeling Anxious
❑ Avoid solving a problem	❑ To Look Good	❑ Boredom
❑ To Get Other People To Listen	❑ Avoid Dealing With An Issue	❑ Depressed
❑ To Get What I want By Using Tricks	❑ Keeping Track O Other's Mistakes	❑ Felling Embarrassed
❑ Thinking that my own rules are better	❑ Cut Off My Fear	❑ Frustration
❑ To feel in control and Powerful	❑ Telling The Partial Truth	❑ Feeling Helpless
❑ Resentment Toward Someone	❑ Looking To Change My Mood	❑ Laziness
❑ To Try To Make Other People Feel Bad	❑ Didn't Seem To Care Or Be Concerned	❑ Other _____
❑ Still Using Past Patterns	❑ Other _____	❑ Other _____

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Thought Diary
Pg.2 of 2

Initials_____

Date_____

4. How did I try to ***Defend*** or ***Justify*** your ***Thinking Errors***? (Why did I continue to use my thinking errors).

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5. What can I ***Think*** to ***Correct My Thinking Errors***? (Identify 3 thinking error)

Thinking Error: _____

My Positive Self-Talk: _____

_____

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_____

Thinking Error: _____

My Positive Self-Talk: _____

_____

_____

_____

Thinking Error: _____

My Positive Self-Talk: _____

_____

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_____