Thinking Errors Worksheet

Name	Date

THOUGHT I'd like to explore:

Thinking Error	Have I used this thinking error in my above thought?	
All-or-Nothing Thinking	☐ YES	☐ NO
Emotional Reasoning	☐ YES	☐ NO
Mind-Reading	☐ YES	☐ NO
Catastrophizing	☐ YES	☐ NO
Discounting the Positive	☐ YES	☐ NO
Fortune Telling	☐ YES	☐ NO
Personalization	☐ YES	☐ NO
Over-Generalization	☐ YES	☐ NO
Magical Thinking	☐ YES	☐ NO

Rational Counter-Statement: