

# Common Thinking Errors

THAT INTENSIFY  
STRESS & FEAR

**LISA BOND**  
COACHING



# Ignoring or minimizing the positives

## HOW IT SHOWS UP

When we maintain a laser focus on the problems and minimize or ignore the good things that happen to us or the good in us.

**EXAMPLE:** *You receive a compliment about how your outfit looks, but reply with what's wrong with your look or deny that you look good in the outfit*



# Overgeneralizing

## HOW IT SHOWS UP

We apply the outcome of one situation to all others.

EXAMPLE: *"Nothing ever works out for me."*



# All-or-nothing thinking

## HOW IT SHOWS UP

We have a tendency to see things all good or all bad with not in between spectrum or shades of gray.

EXAMPLE: *"I can't hold limits and boundaries. I never could."*



# Mind reading

## HOW IT SHOWS UP

We assume that other people are thinking about or seeing things the same way we do.

EXAMPLE: *"I know she hates me."*



# Double standard

## HOW IT SHOWS UP

We have a higher set of standards  
for ourselves than we do for others.

**EXAMPLE:** *"I can never say no if someone asks me for help but if they say no to me it's their right."*



# Catastrophizing

## HOW IT SHOWS UP

We typically expect or anticipate the worst possible outcome.

EXAMPLE: *"If I say I don't want to go to bars, my friends will leave me."*



# Labeling

## HOW IT SHOWS UP

We identify or label ourselves negatively.

EXAMPLE: *"I'm a selfish person."*





# Magical thinking

## HOW IT SHOWS UP

We tend to think that everything will be better when XYZ finally happens.

EXAMPLE: *"Everything will be better when I get a new job."*



# Should statements

## HOW IT SHOWS UP

We criticize ourselves for what we or others think we should be doing.

EXAMPLE: *"I should be making more money at this point in my life."*

# What does it mean if I make these errors in thinking?

Well first of all, it means that you are human. Most of us were raised by and around other influential humans - parents, caregivers, teachers, church leaders, society members, media personalities, peers, etc. - that ingrained these thinking patterns in us. It's not their fault, just as it's not our fault. We are all doing the best with what we have.

The good news is that you can acquire new tools in order to reprogram the automatic thought responses to be more productive.

Setting boundaries (or "limits" as we often call them in dialectical behavior therapy) is a skill that can be learned. And, it's incredibly effective in creating a stronger sense of autonomy, more confidence, and a more peaceful and respectful relationship with your loved ones - even the most highly emotionally sensitive ones.

## CHEATSHEET

THINKING ERRORS ALMOST ALWAYS CONTAIN THESE WORDS:

**Everyone, No one, Nobody, All, Every, Always, Never, Should, Must, Ought, Just**

BE SEEN & HEARD.  
RECLAIM YOUR LIFE.



Want to learn how to set and maintain boundaries?

# Limit Setting Mastery

LIVE VIRTUAL PROGRAM | *starts January 15, 2023*

90 minutes on Zoom, 1 day per week for 6 weeks.  
Loads of support and bonuses!

DETAILS & SIGNUP