

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Thinkin Error

- |   |                         |
|---|-------------------------|
| 1. Holding someone else responsible   | A. corrosion and cutoff |
| 2. Looking for a reason to explain why they were right in what they did         | B. Pet Me               |
| 3. A form of Justifying   | C. Keeping Score        |
| 4. Portraying to be the victim on consequences that they have created           | D. Excuse Making        |
| 5. Finding a more suitable label for behaviors                                  | E. Procrastinating      |
| 6. Playing dumb or confused about the behaviors                                 | F. Forgetting           |
| 7. Making things up that are not true   | G. Justifying           |
| 8. Telling the least amount of information and leaving out sections             | H. Catastrophizing      |
| 9. When one pretends to agree or understand but they really do not              | I. Helplessness         |
| 10. Using "I forgot" or "I don't know" to avoid telling the truth               | J. Religiosity          |
| 11. Using anger to intimidate or push away others                               | K. Omission             |
| 12. Person wanting to be noticed and approved of                                | L. Victim Status        |
| 13. Painting the worst picture possible to make things look very worst for them | M. Redefining           |
| 14. Putting off their responsibility  | N. Commission           |
| 15. Keeping track of the mistakes of others and avoiding own                    | O. False Anger          |
| 16. Presenting self as unable and needing others to do things for them          | P. Blaming              |
| 17. My way of doing this is better than any other way                           | Q. My Way               |
| 18. Using religion to avoid treatment   | R. Puzzlement           |
| 19. The total process of using thinking errors                                  | S. Assent               |