

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

# Thinking Errors Quiz

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|---|---------------------------|
| 1. Making a want a need; justifying your behavior with an inaccurate belief that there is no other alternative  | A. Have To, Need To, Must |
| 2. It's someone else's fault you feel the way you do; failing to take responsibility for your feelings and behavior   | B. Loaded Words           |
| 3. Extreme thinking; stereotypes; believing ther is only one way  | C. I Can't                |
| 4. Making or using assumptions or opinions as facts; considering partial truth as the whole truth   | D. Absolutes              |
| 5. Put downs; disrespectful words; using offensive words to express your anger; using words to trigger strong emotions  | E. Awfulizing             |
| 6. Making excuses for not doing something or telling people you are unable to do something which you really can or should do but do not want to do                              | F. He, She, It Statements |
| 7. Thinking that only bad things will happen; making things worse than they actually are; looking at things in a negative way   | G. Blaming                |
| 8. Not taking responsibility; other people are responsible for your actions; holding others accountable but not yourself  | H. Statements of Fact     |
| 9. Hiding negative thoughts or your opinions in a question; using questions to express a statement or belief; asking a question to produce an effect instead of seeking a reply | I. Should                 |
| 10. Demanding that the world be a certain way; having certain expectations of how other should act or behavior; not accepting   | J. Rhetorical Questions   |