

Name: _____

Date: _____

Thinking Errors

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| 1. Not receptive, Neither Self-critical nor accepting of criticism from others, and/or Lies by omission and commission N | A. Lack of Time Perspective |
| 2. Views self as victim, Blames others (family, past, social conditions), and/or Not responsible for self and/or actions J | B. Anger as Control |
| 3. Focuses only on positive attributes, Fails to acknowledge destructive behaviors, and/or Sees self as taking good care of family by committing crime T | C. Lack of Interest |
| 4. Unwilling to do anything found boring or disagreeable, "I can't" meaning "I won't", Engages in self-pity and looks for excuses Q | D. Unrealistic Expectations |
| 5. Responsible living is seen as unexciting and unsatisfying, No sense of obligation to others/society, "Forgets" a lot C | E. Zero State |
| 6. Doesn't consider future except to accomplish something illicit, How things are now will be how they are forever, Thinks "I'm not working at McDonald's for the rest of my life" A | F. Criminal/Addictive Thinking |
| 7. Has irrational fears but refused to admit them, Profound fear of put downs, Sees fear as weakness K | G. Uniqueness |
| 8. Unreasonable need to be in control, When feeling put down or out of control, impulsively seeks to regain control with no thought of consequences, Uses manipulation, deceit, anger or treats as ways of feeling powerful H | H. Power Thrust |
| 9. "Different" and "Special" - Better than others, Sense of entitled, Grandiose-thinks of self as superior in spite of lack of accomplishment G | I. Lack of Empathy |
| 10. Perceives things and people as objects to possess, control or manipulate, No concept of the rights of others O | J. Victim Stance |
| 11. Any experience that doesn't match with image of self as "Unique #1" proves to be a nobody, a nothing or a complete failure E | K. Fear of Fear |
| 12. Refusal to back down on even little points, Insisting everyone see things his way, Even when proven wrong, clinging to his initial position P | L. Concrete Thinking |

13. Seeing self as weak for needing help "I can handle everything on my own." "I just wish everyone would stay out of my business and leave me alone." S	M. Sex as Power
14. Makes assumptions and treats them as facts, Decides things will be a certain way then expects them to be that way, gets angry if things don't turn out as expected D	N. Closed Thinking
15. Focusing energy towards creating excitement and fun, Seeks recognition and esteem through reckless or irresponsible activity, Easily persuaded to join in illegal or risky behavior, Abandons anything found boring tedious or difficult F	O. Ownership Attitude
16. Fails to consider others' feelings or pain, Little or no empathy unless it is to con/manipulate another I	P. False Pride
17. Fantasizing about involvement in substance abuse, deviant sexualuty, and/or criminality with no negative consequences, Tells self "This will be the last time," or "I'll just do this once." R	Q. Lack of Effort
18. A from of power thrusting, Responding with anger in an attempt to get one's way, Use of anger to preserve one's self-image B	R. Relapse Thinking
19. Use sex to manipulate others and get what is wanted, Others have no right to say "No", Enjoying hurting people with whom being sexual M	S. Refusal to be Dependent
20. Doesn't learn from past experiences, Sees each instance of past behavior as unique rather than seeing overall pattern, "They wouldn't have caught me if it weren't for that snitch" L	T. Views Self as Good Person