

The Baker's Dozen

13 common everyday errors in perception

1. Black and white thinking
2. Personalizing
3. Blaming
4. "Should" statements
5. Catastrophizing
6. Minimizing
7. Mind-reading
8. Overgeneralization
9. Discounting the positive
10. Mental filtering
11. Jumping to conclusions
12. Emotional reasoning
13. Labeling

Unlikely Collaborators™

- 1. BLACK AND WHITE THINKING:** the tendency to make someone or something either “all” bad and evil or “all” good and angelic.
- 2. PERSONALIZING:** the tendency to attribute neutral events as either out to get you, or out to reward you. The tendency to make it all about YOU.
- 3. BLAMING:** the tendency to hold other people responsible for your pain.
- 4. “SHOULD” STATEMENTS:** the tendency to compare an event to some imagined ideal, based off one’s personal preference or moral code.
- 5. CATASTROPHIZING:** the tendency to imagine a future event in the worst possible way and insist that this is how it will be.
- 6. MINIMIZING:** the tendency to diminish one’s accomplishments or one’s mistakes.
- 7. MIND-READING:** the tendency to play psychic and insist one knows how someone is thinking or feeling.
- 8. OVERGENERALIZATION:** the tendency to make sweeping statements based on limited evidence.
- 9. DISCOUNTING THE POSITIVE:** claiming that the positive things in one’s life don’t count, compared to the negatives.
- 10. MENTAL FILTERING:** the tendency to filter out what one does not want to see, and focus narrowly on one element, either to the positive or negative.
- 11. JUMPING TO CONCLUSIONS:** the tendency to take a limited set of facts and make a conclusion, usually to the negative, without the supporting evidence.
- 12. EMOTIONAL REASONING:** the tendency to believe if you feel it, it must be true.
- 13. LABELING:** the tendency to box a person into a narrow moral category, based off one incident or encounter.

