

EXAMPLES OF COMMON THOUGHT ERRORS

- **All or nothing thinking:** results in seeing no shades of gray, i.e. we don't see the different 'levels' of the problem we're facing and might miss the smaller positive things in between. Example: "My life used to be perfect before I had tinnitus - now I feel like it is horrible."
- **Mental filter:** one aspect of a complex situation is the focus of attention, while others are ignored. Example: "I was having a good time at the party, but hearing my tinnitus ruined everything."
- **Mind reading:** assuming others' thoughts without evidence. Example: "People think I'm stupid when I ask them to repeat things I don't hear because of my tinnitus."
- **Jumping to conclusions:** assuming negative expectations about future events as established facts. Example: "I am bound to have a miserable day when I hear my tinnitus first thing in the morning."
- **Emotional reasoning:** assuming emotional reactions reflect the true situation. Example: "My tinnitus makes me feel hopeless, there is no hope."
- **Overgeneralization:** thinking that an event is characteristic of life in general, as opposed to specific. Example: "Because of my tinnitus I was awake all night. Every night will be the same."
- **Disqualifying the positive:** positive experiences that would conflict with negative views are discounted. Example: "I didn't think much about my tinnitus today, but that was a fluke."
- **Catastrophizing:** negative events are treated as intolerable rather than seen in perspective. Example: "My tinnitus is louder, I must be going deaf."
- **Should statements:** using, should, and, have to, statements to provide motivation or control. Example: "I should never have listened to rock music, I did this to myself."
- **Personalization:** assuming one is the cause of a particular event when in reality other factors are responsible. Example: "I ruined everyone's evening because I was miserable."
- **Labeling:** attaching a global label to oneself rather than to specific events or actions. Example: "Having tinnitus (and hearing loss) makes me a disabled person."