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- Seeing only the obvious possibilities comes of a situation. I'll be so awkward. Either one will notice and think I'm weird.
 - Tip: Reframe evidence for and against your thought.
 - You believe or know that others are thinking failing to consider other more likely possibilities. That person just looked at me funny. The probability I'm glad.
 - Tip: Remember that it is impossible to know what another person is thinking unless he tells you.
 - Thinking in absolutes such as always, never, or forever. I never do a good job on anything.
 - Tip: Try assigning a realistic percentage, all else being equal.
 - You think something must be true because you feel it so strongly, ignoring evidence to the contrary. I know I do a lot of things okay at work, but I still feel like I'm a failure.
 - Tip: Reframe evidence for and against your feeling in a logical and specific manner.

