

The Negadecagon

Emotional reasoning
Here we are emotions for mistaking our dread for f...

And reason
Here we are mistaking our
emotions for facts. My feelings of
dread mean that something is going to happen, rather than
being that the dread is driven by
thoughts of something terrible
opening.

Moral imperatives are obligations or duties that we have to others. We should do certain things and not do other things.

for the
shoulds, or others.
Listen for rules and/or others.
A set of self and/or guilt,
musts, A set of seeds of guilt,
behaviour the seeds of
Heren and anger.
shame

Global judgments

Also known as labeling or awfully listing.
People often label others in a complete idiotic
extreme way. "He is a complete idiot."
Also known as situations where people judge others
in a complete idiotic way.

Over-generalisation

- "The lights are always red when I'm in a hurry.", "All builders are untrustworthy". Listen for absolutes - always, never, no-one, everyone etc.

Copyright: Derek Lee (2012)

Lee (2012) 3

Personalisation

responsible as being
that are beyond their
control. "It is my fault
that my friend *did not*
enjoy the film."

Magnification/minimisation *The binocular trick.* The magnification/minimisation trick is based on the binocular effect. It is also known as the 'situation analysis' trick. It is used to analyse situations by focusing on positive aspects and ignoring negative aspects. It is also known as the 'positive/negative' trick.

Also known as "the speech," negative aspects of a situation are often magnified and assumed too much. "My wedding was important because I stumbled over some of the words," he said.

Arbitrary inference
Also known as jumping to conclusion.
More Inspector Clouseau than Sherlock Holmes - scraps of evidence that may be unrelated or irrelevant lead to unsound conclusions. Includes "mind reading" (knowing what others are thinking) and "fortune telling" (knowing what the future will be like). "My friend did not call. He probably hates me."

Dichotomous reasoning

Also known as black-and-white thinking. Characterized by tendency to see things in terms of extreme categories rather than as shades of grey. For example, it is either a complete failure or a success. People are either good or bad. There are only two boxes.

Selective abstraction

Selective abstraction

A negative aspect is taken out of context - it becomes the focus of attention to the exclusion of everything else. The spot on my nose is more noticeable to me than it is to you. The newly decorated room is ruined because one corner of the wallpaper is a little out of line.