

experiences.

**Jumping to Conclusions:** A negative interpretation even though there are no definite facts that convincingly support your conclusion.

**Mind Reading:** You arbitrarily conclude that somebody is reacting negatively to you, and you don't bother to check this out.

**The Fortuneteller Error:** Anticipating that things will turn out badly, convinced that your prediction is an already established fact.

**Magnification/Minimization:** To exaggerate or inappropriately shrink the importance of things until they appear tiny/huge. AKA the "binocular trick."

**Emotional Reasoning:** A conclusion that you make based