FORM 5.4

Examining Logical Errors

Examples of logical errors: Drawing conclusions that do not follow, confusing possibility with probability, confusing a behavior with a person, linking two independent events, making self-contradictory statements (e.g., "I have a lot of success, but I'm a failure"), basing self-worth on what someone thinks.

Negative thoughts	Errors in my thought

What would be a more rational, factual, or logical way to view things?
How would you feel if you thought differently about these things?

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