



## CheckIn

### Description

CheckIn reveals flawed thinking by tagging disturbing ideas. Write ideas and events that increase your emotions, then match them against the list of false ones.

### Instructions

Write recent ideas, then tag them with the flaw that matches from the list

Write ideas and events (*Ex: I'm failing because I didn't finish my work this week.*)

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Match the falsehood from the list. (*Ex: "When I make a mistake I call myself a NAME..."*)

## BASIC



### **Either I WIN or LOSE**

Black or white. Sometimes we win and sometimes we don't but mostly it's in between. To only win or lose is not how life really is.



### **A bad thing happened SO LIFE WON'T EVER STOP BEING BAD**

Generalizing. Life goes up and down depending on many things. Sometimes bad but often good things happen. It changes.



### **I ONLY SEE BAD THINGS**

Negativity. If we just look for bad things we miss everything else. Seeing only bad things doesn't feel good and distorts reality.



### **When someone says a nice thing I think NICE THINGS DONT MATTER OR AREN'T TRUE**

Cynicism. If we reject any nice thing we hear we can't connect as well. Receiving a compliment makes us both feel good and connecting is important.



### **I think OTHERS ARE (SOMEONE IS) THINKING BAD THINGS ABOUT ME**

Paranoia. We can't know people's minds and if we could it would make no difference. Guessing what others are thinking doesn't help us and could make us or them feel bad.



### **I think THINGS WILL TURN OUT BAD**

We can't know the future will be bad so worry doesn't help. Just being careful and positive does.



### **EVERYTHING IS A BIG DEAL or NOTHING IS A BIG DEAL**

Exaggerating/ Minimizing. Making a mouse into an elephant inflates something out of proportion. Shrinking things to overlook them is the opposite error. If you see things more as they are there is less confusion.



### **IT'S BAD JUST BECAUSE I FEEL BAD**

Emotionality. How we feel proves nothing other than that's how we feel. When we feel bad it does not mean things are bad.



### **IT (ME or OTHERS) SHOULD ONLY BE ONE WAY**

Perfectionism. When we think "Things should always be fair, or right" we'll get disappointed all the time. It is better to accept things being OK, not perfect, since that is the way it generally is.



**When I make a mistake I call myself a NAME or someone upsets me I call them A NAME**

Labeling. Names describe in a hurtful creating a false picture of someone. Names feel bad and don't let us learn from mistakes.



**When something goes wrong IT IS SOMEONE'S FAULT**

Blaming. Mistakes are rarely caused by only one person and everyone makes mistakes. If you look for blame it will find you.

## ADVANCED



**FEAR FOOL: you believe something just out of fear**

Use a terrifying outcome to do or not do something. Life is full of scary but unlikely possibilities. If you do or don't do things based on fear you trap yourself.



**MISMATCH: you compare two things that aren't related.**

You think one thing, person etc. is exactly like another that it is really not like. E.g. this job, love, idea is just like another. Things have one or several things in common but are rarely exactly the same.



**DOESN'T FOLLOW: you relate two things in a way they don't relate.**

Some ideas can seem related but aren't, e.g. "I hate dogs because my nasty neighbor had a dog" The neighbor happened to own a dog but dogs and neighbors aren't related that way. It is unreasonable to associate two unrelated things.



**CHERRY CHOOSE: you believe it by picking only favorable facts.**

If you believe your team is the best you'll only pay attention to examples that support that belief. To avoid a biased view that only confirms your belief, you need to look at all sides e.g. maybe it's not the best.



**MYTH MIND: you believe it just because it fits a story**

You believe only in ideas that tell some story. Stories can relay information easily but they don't replace facts. Stories often need to be revised or abandoned.



**EVERYONE KNOWS: you think it's true just because it's popular.**

You believe an idea just because it's popular. Ideas can be popular and false Ideas based on the facts, not popularity are more trustworthy.



**GUILT SHAME: you shame a thing or guilt a person to be right.**

To try to make someone guilty and ashamed does not make an idea right or wrong. Shame and guilt are emotions not proof. An idea can be right or wrong regardless of guilt or shame.



**EITHER HAND:** you let both ideas seem equally ok and ignore the facts. We believe we are being fair by equating both sides but minimise or ignore evidence showing the sides are not equal. If we look at the evidence it can show the imbalance.



**THEY SAY:** It's true only because the source is respected. We assume something is true just because a respected person or source states it. Any person or source can be wrong since all sources are fallible and need to be checked against the facts.



**D'NILE:** you keep doing or believing something despite the evidence. You value something or someone despite or even because of lots of facts that indicate otherwise.



**THIS CAUSED THAT:** you assume one thing caused another without proof. You guess one thing caused another when it's just coincidence. Things can happen one after another without any relationship.



**NO YOU DID!:** You accuse someone of what you did. You think someone else did or said the same thing you did to point the finger back at them without any evidence.



**DRAMAPPEAL:** It's important just because it's dramatic. You believe something because it's exaggerated. Things can appear true or important when they are stated emotionally instead of factually.



**BIG LEAP:** you believe in a chain of events without checking. You just assume something necessarily leads to something else without tracing the steps. We need to know if things lead to others not just assume.



**BACKWARDS:** you start with the conclusion. It is impossible to test an idea when it is assumed to be true. To test an idea we must first see if all the facts support it.



**ONE INSTANCE:** you take just one example as all. You think just because something happened once it will always happen. We need more examples before we know something.



**EITHER OR:** you think there's only two choices. You think something is only between two possibilities when there are others that just are not mentioned. Usually there are more than only two choices.



**I'LL SAY YOU SAY...: Make an idea seem unstable by restating it inaccurately.**

You make an idea seem wrong by repeating it without an important part or distorting it. To have a fair discussion we need to describe ideas accurately.



**WHO KNOWS?: Something is true or likely just because it can't be proven false?**

You think because something can't be disproved it could be true. Having evidence can support an idea but lack of it only fails to.



**PUT DOWN: An idea is rejected by attacking the person who said it.**

You attack an idea by putting down the person saying it. Just because someone says something may have nothing to do with whether that idea or action is worthy.