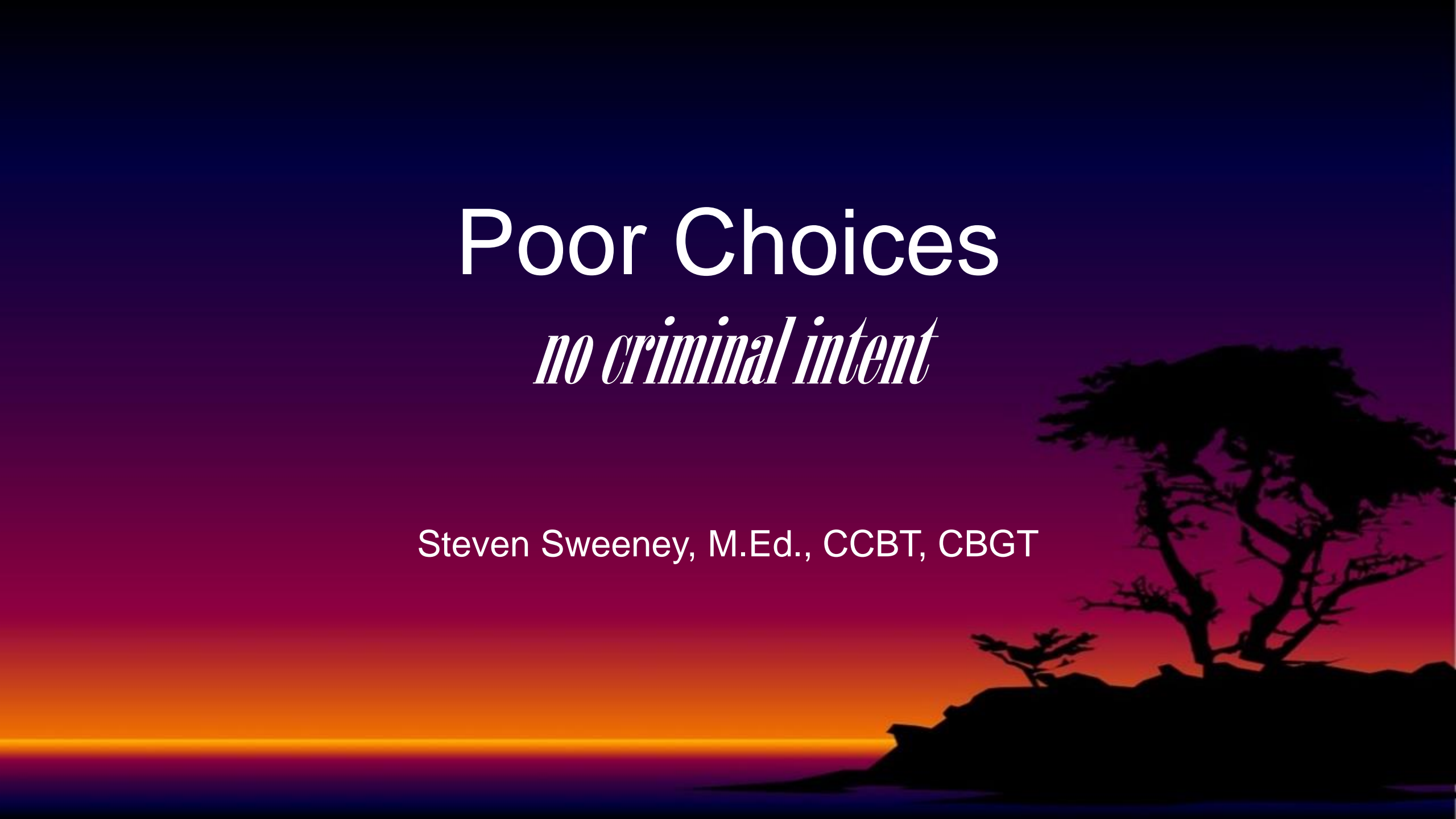# Poor Choices
no criminal intent

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Introduction to "No Criminal Intent"

…so congratulations – you're a frick'n human – we all make mistakes and poor choices (now and then – but some more than others)

Unfortunately, most people deny that they "knew" what they were doing was wrong – and put on a performance worthy of an Academy Award nomination.

Evidently, you convinced someone that you legitimately had no criminal intent with the crime you committed – and they allowed you to take this class.

That being the case – we will proceed under the assumption that you are not a criminal, and you really did not have criminal intentions – so there – got that disclaimer out of the way.

COMMON COGNITIVE ERRORS

We all have patterns of thinking, and this may impact our emotional state and behavior. Sometimes our patterns are less than accurate. These are cognitive errors or cognitive distortions, and they typically fall into certain categories. Learning to recognize our own cognitive errors increases our ability to ignore the negative thought or actively change it, which enables us to intentionally change our emotions and our behaviors.

The most common cognitive distortions:

…also known as "Thinking Errors"

Mistakes in your thinking that position you to make more mistakes – more "poor choices" because your "data" is screwed up – there is a fallacy in your basic premise – so pretty much everything else you think about the situation if going to be screwed up as well, because your thinking is messed up from the start.

1. All or Nothing Thinking

All-or-Nothing Thinking Putting experiences in one of two categories

Examples:

- People are all good or all bad.
- Projects are perfect or failures.
- I am a sinner, or I am a saint.

"Even a broken clock has the correct time twice a day"

2. Overgeneralizing

Believing that something will always happen because it happened once

Examples:

1) I will never be able to make friends at a party because I once made an awkward statement to someone, and they didn't want to be my friend.

2) I will never be able to speak in public because I once had a panic attack before giving a speech.
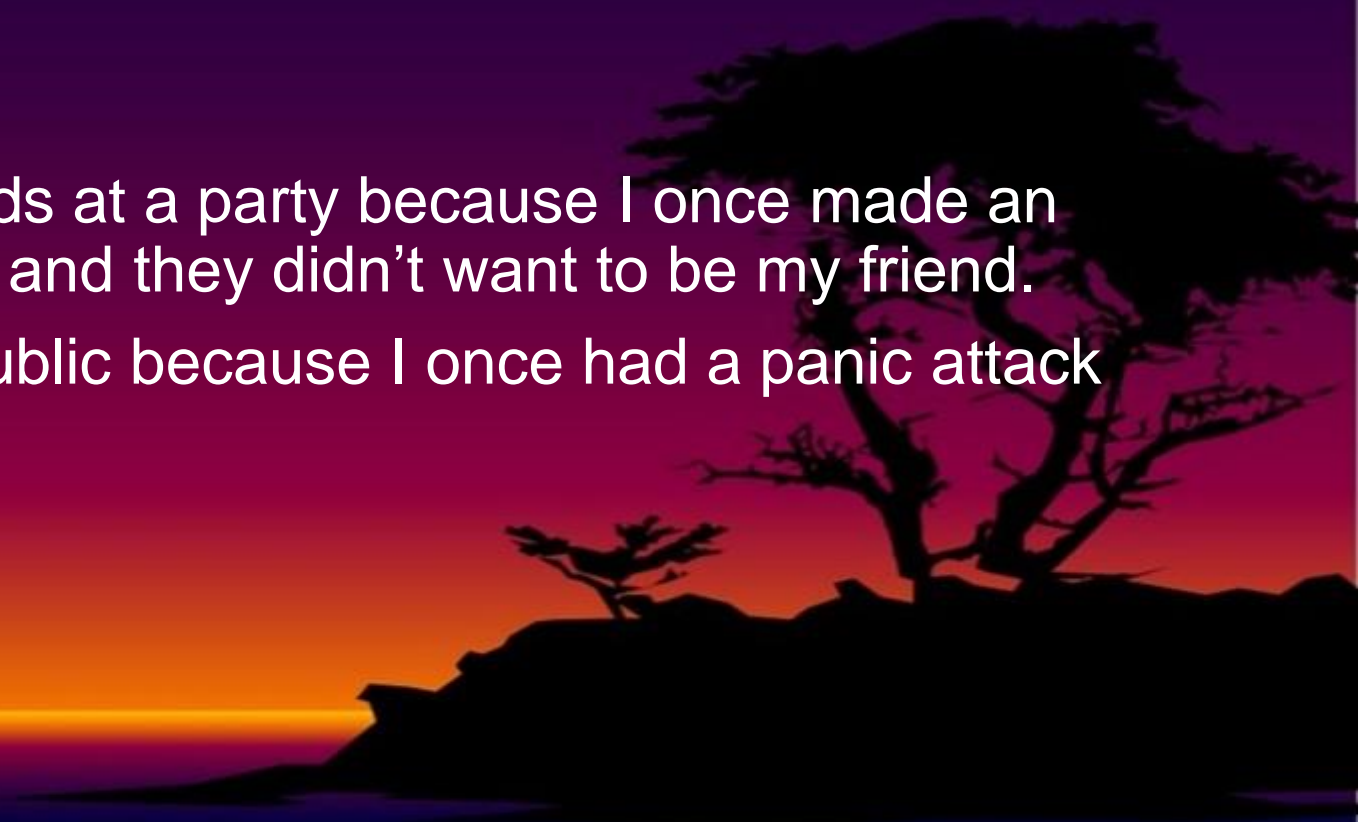
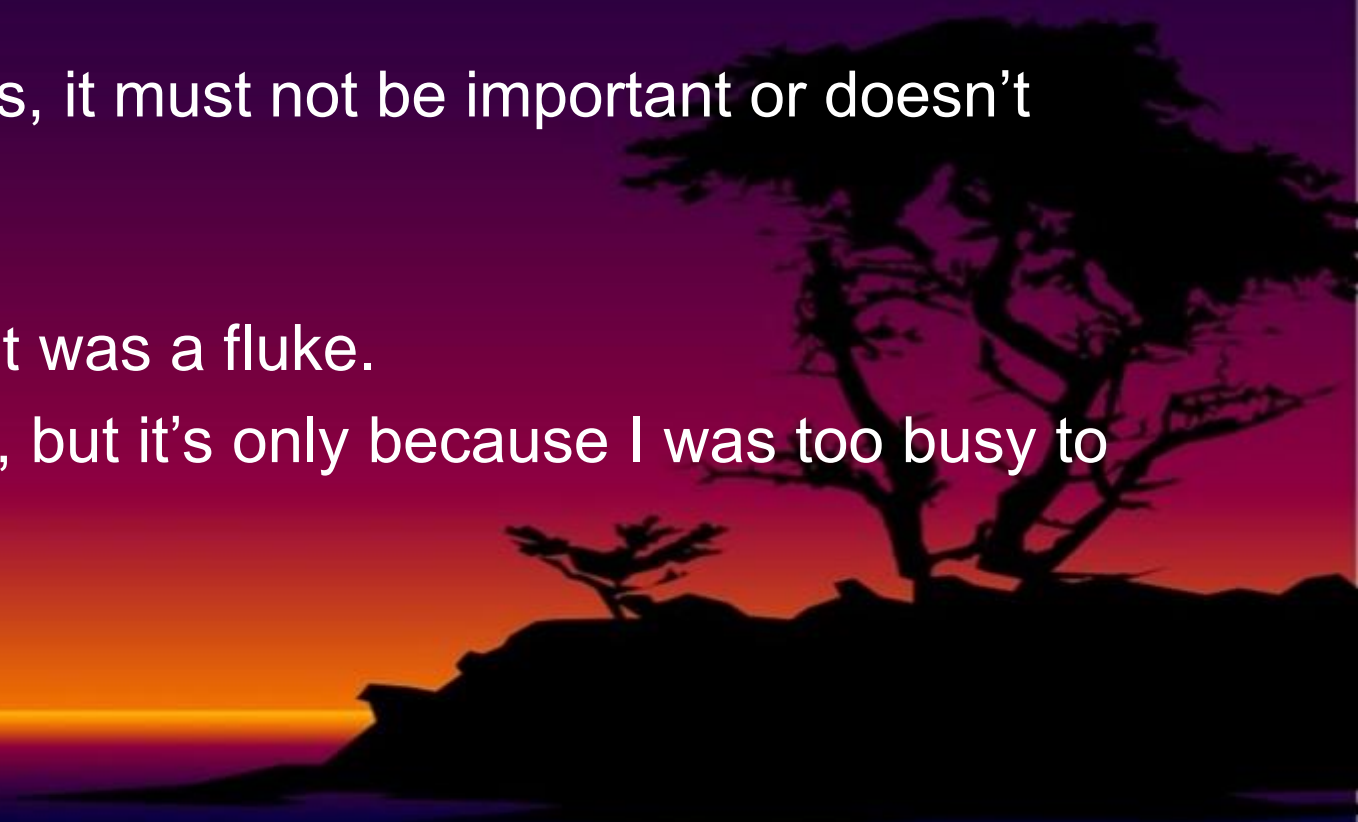# 3. Discounting the Positive

Deciding that if a good thing happens, it must not be important or doesn't count

Examples:

1) I passed the exam this time, but it was a fluke.

2) I didn't have a panic attack today, but it's only because I was too busy to be worried.

4. Jumping to Conclusions

Deciding how to respond to a situation without having all the information

Examples:

1) The man/woman I am interested in never called me back because he thinks I'm stupid.

2) That person cut me off in traffic because he/she is a jerk!

5. Mind Reading

Believing that you know how someone else is feeling or what they are thinking without any evidence

Examples:

1) I know she hates my guts.

2) That person thinks I'm a loser.
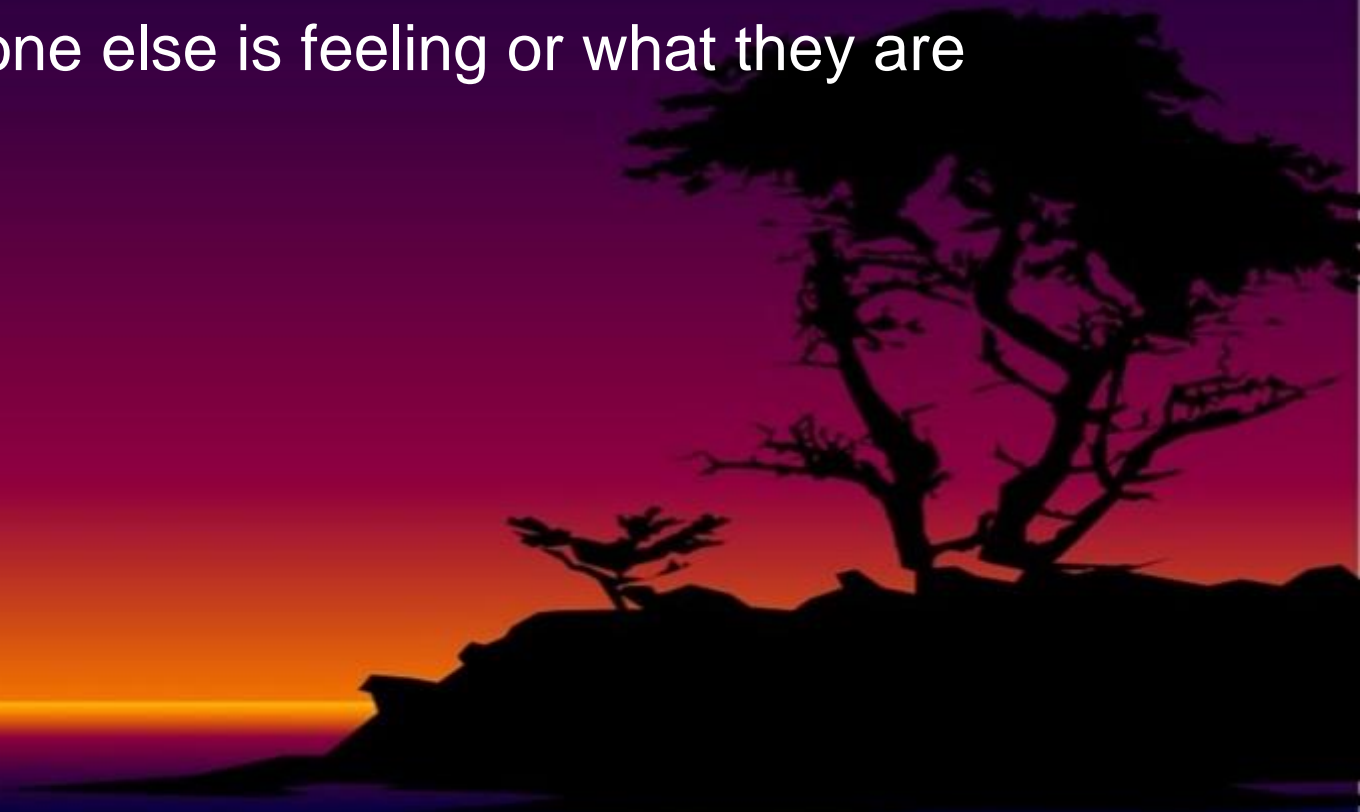
6. Fortunetelling

Believing that you can predict a future outcome, while ignoring other alternatives

Examples:

1) I'm going to fail this test.
2) I'm going to have a panic attack if I go out in public.

7. Magnifying or Minimizing

Distorting the importance of positive and negative events

Examples:

1) I said the wrong thing so I will never have a boyfriend/girlfriend.
2) My nose is so big that no one will ever love me.
3) It doesn't matter if I'm smart because I will never be attractive, athletic, popular, rich, etc.
4) Making a mountain out of a molehill

8. Emotional Reasoning

Believing something to be true because it "feels" true.

Examples:
1) I am a failure because I feel like a failure.
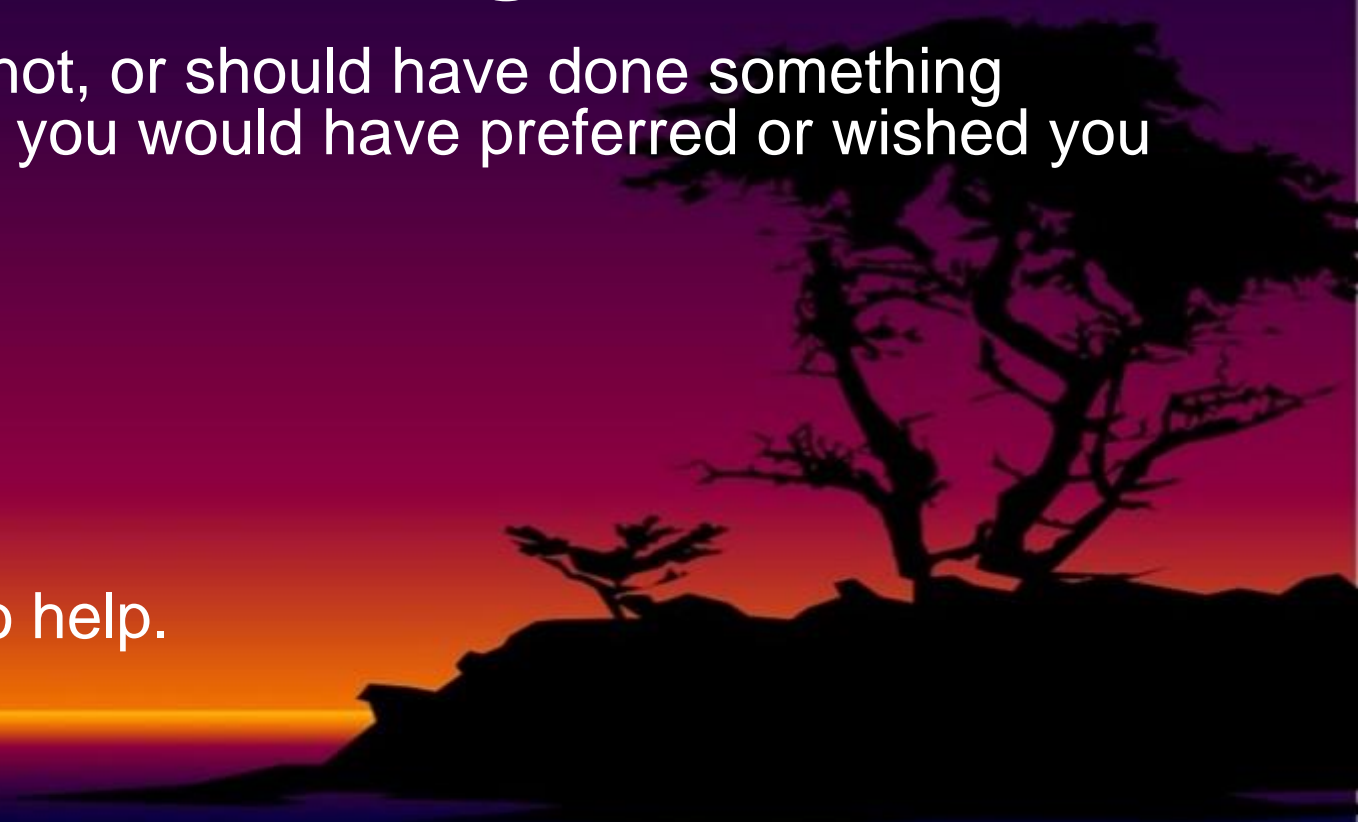2) I am worthless because I feel worthless.

9. "Should-y" Thinking

Telling yourself you should, should not, or should have done something when it is more accurate to say that you would have preferred or wished you had or had not done something

Examples:

1) I should be perfect.
2) I should never make mistakes.
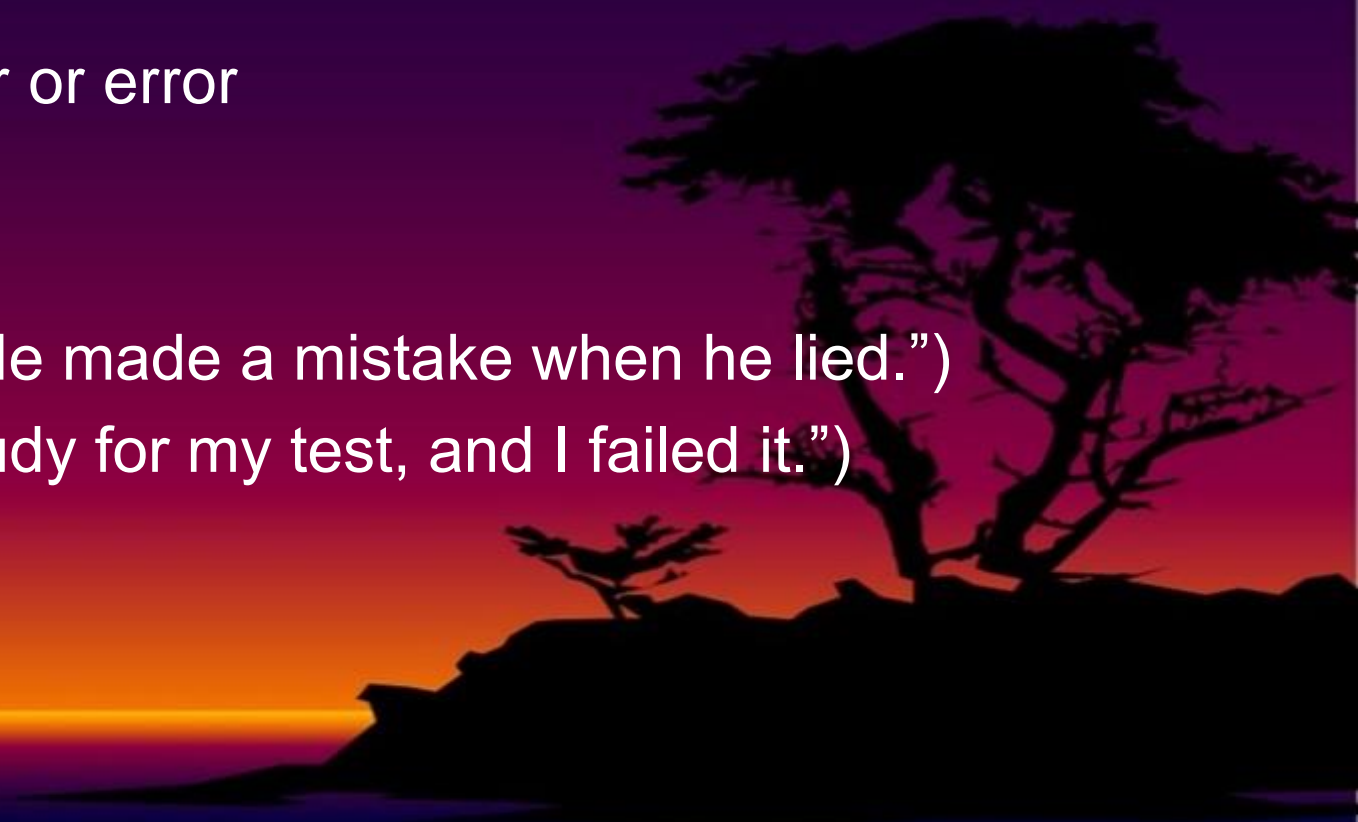3) I should not be anxious.
4) I should have done something to help.

10. Labeling (or Mis-Labeling)

Using a label to describe a behavior or error

Examples:
1) He's a bad person (instead of "He made a mistake when he lied.")
2) I'm stupid (instead of "I didn't study for my test, and I failed it.")
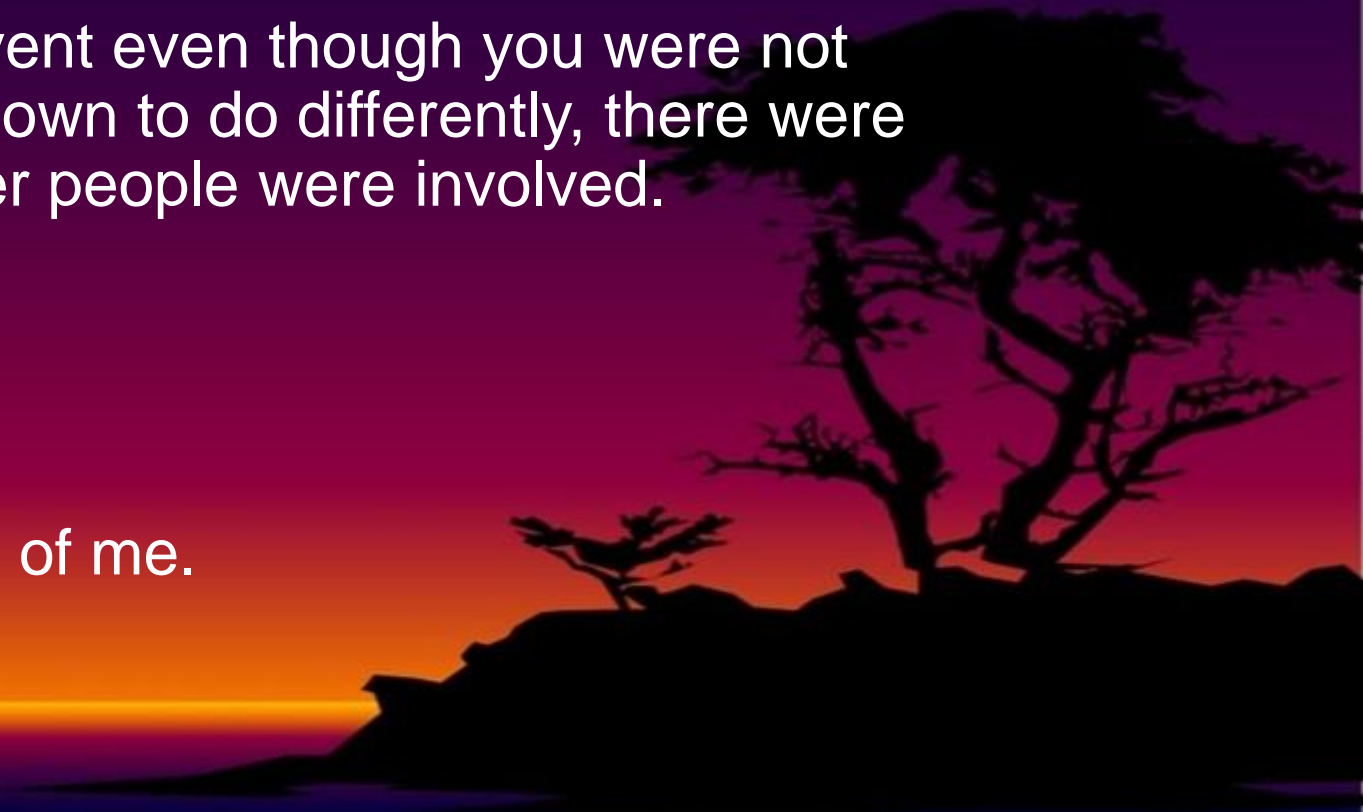
11. Personalization

Taking blame for some negative event even though you were not responsible, you could not have known to do differently, there were extenuating circumstances, or other people were involved.

Examples:

1) It's my fault he hits me.

2) My mother is unhappy because of me.

Assignment

Email me – steve@GoodSuccess.net and tell me

1. How any or all of these pertain to you or someone you know .
2. How you allowed any of these to "push you" into making the poor choice that resulted in your arrest and subsequent participation in PTI

I will make a PDF available of the presentation, (but it will not include my amazingly insightful commentary haha)

Steve