

## **Stinkin' Thinkin'**

### **“10 Common Thinking Disorders”**

*As a man thinks in his heart, so is he.” – Proverbs 23:7*

These are ten distorted thought patterns that believers often indulge in that are unhealthy, untrue and ungodly. They are "root" thinking disorders of the mind that cause anger, bitterness, and depression. They never bring blessing. They are ten lies of Satan.

**1. All or Nothing Thinking** - things are either or good or all bad.

It is the root soil for perfectionism. Everything must be perfect, or just right, or it is not good enough. Anything less than perfect is failure. You often use words like everyone, always, everywhere, every time, never, all the time.

**2. Overgeneralization (Murphy-ism)** - You believe in Murphy's Laws. You laugh, but you really see life like that. Nothing ever goes right. You are plagued by bad luck, bad breaks. You may even have said, "Someone up there doesn't like me." You believe that much of the time the world is against you.

**3. Mental Filter (Negativism)** - Life appears pessimistic at best. You see the bad before you ever consider the good. You are negative about many things and distrustful of people in general. You look at life through clouded glasses tainted by a negative bent.

**4. Disqualifying the Positive** - You overlook good things, or don't count. It is difficult for you to count your blessings. It is easier to count the non-blessings than to appreciate good things God has done. "Yeh, but" is part of your vocabulary." You see the bad in good things. Every flower has a bee on it. Every sunset forebodes a storm. Every silver lining has a cloud.

**5. Mind Reading** - You assume to know what others are thinking. You perceive yourself as being able to read their thoughts, intents, meanings, and motives – and it is always negative. Rarely do you ever read positive thoughts into people's expressions or actions. This is a form of paranoia, feeling like you are unloved, unliked, and often picked on. You don't have many friends – no wonder!

**6. Fortune Telling** - You predict (assume) disappointing or bad things will happen. You predict the good weather won't last. You often say, "you just watch and see if I'm not right. You take pleasure in predicting the bad as though it were a "gift of God." – Psst, It's not!

**7. Magnification** - Little set backs, arguments, etc., are blown out of proportion. You focus on one negative event to the point of enlarging it beyond belief. You make a big fuss over little things. Your own mistakes as well as other's get magnified, focused on, thought about, talked about, fussed over, fumed over, and kicked around until you are upset and angry. A dirty toilet seat ruins your day.

**8. Should Statements** - Your life is ruled by "oughts & shoulds." You are always in a hurry. You can't ever seem to get enough things done. You carry a load of frustration over the way things "should" or "ought" to be. You have strong opinions about the way life ought to be. "It's not fair" is often your thought or feeling. You nag yourself and other people. You are driven by the "musts" of life. You are caught in a "justice trap" in which everything and everybody ought to be fair. The fact that life is not fair often angers and frustrates you. You are a driven person.

**9. Labeling or Name Calling** - You give people or yourself derogatory labels, like jerk, stupid, idiot, no good-for-nothing, failure, etc. You probably heard those derogatory names directed at you in your childhood home. You are quick to label people with the same labels you were given. Somehow labeling others makes you feel better about yourself. Yet, when you fail or make a mistake you often get down on yourself and label yourself as useless, hopeless, stupid, etc.

**10. Personalization** - You feel guilty and responsible when things go wrong. When someone says, "Who broke the lamp?" You feel like they are blaming you. You are a latent paranoid – just waiting to have a "pity party." You beat yourself up with guilt trips for not doing more to help someone or preventing something that went wrong. You feel like you are responsible for everything. You feel like you were to be someone else's Messiah, but often you fall far short so you blame yourself. You are prone to guilt trips.