

Irrational Thinking

1. Not endowed with reason.
2. Affected by loss of usual or normal mental clarity; incoherent.
3. Marked by a lack of accord with reason or sound judgment
4. Inconsistent with reason or logic; illogical; absurd
5. Incapable of reasoning

<http://www.thefreedictionary.com/irrational>

Thinking that is illogical, crazy,
silly, absurd, foolish,
unreasonable, unwise,
preposterous, idiotic,
nonsensical, unsound,
unthinking, injudicious, and
unreasoning

Fallacy of Perfection is the belief that worthwhile communicators should be able to handle every situation with complete confidence and skill. It assumes that people won't accept you if you're imperfect

Adler, R.B., Proctor, R.F. (2011). Looking out looking in (13th ed.), Boston: Wadsworth Publishing.

Fallacy of Approval finds that it is vital to get the approval of every person. People will go to incredible lengths to seek approval from others even when they have to sacrifice their own principles and happiness to do so

Adler, R.B., Proctor, R.F. (2011). Looking out looking in (13th ed.), Boston: Wadsworth Publishing.

Fallacy of over generalization is a perception, opinion or thought based upon limited evidence, such as "I am so stupid, I can't even remember how to do my income tax." - "Some friend I am, I forgot my friend's birthday."

It can also include the exaggeration of shortcomings such as "You never listen to me," "You're always late," "I can't think of anything."

Adler, R.B., Proctor, R.F. (2011). Looking out looking in (13th ed.), Boston: Wadsworth Publishing.

Fallacy of causation is based on the irrational belief that emotions are caused by others rather than by one's own self-talk.

Becoming overly cautious about communicating because they don't want to cause any pain or inconvenience to others, such as keeping quiet when another's behavior is bothering you or pretending to be attentive when you are really late for an appointment and want to go

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Fallacy of Expectation: "In our intrinsic desire for the world to ultimately work within the confines of our perspective, we spend a considerable amount of time frustrated at other people, other environments and other versions, that don't fit our standards. The fallacy kicks into place when we simply can't understand how someone has done something – as we are basing our opinion *solely on our own expected standards.*"

(<http://www.jonathanmacdonald.com/?p=4829>)

Fallacy of helplessness suggests that satisfaction in life is determined by forces beyond your control. People continue to see themselves as victims.

"There's no way a woman can get ahead in this society, as it's a man's world." - "I was born a shy person, I would like to be more outgoing but there is nothing I can do about it."

Adler, R.B., Proctor, R.F. (2011). Looking out looking in (13th ed.), Boston: Wadsworth Publishing.

Fallacy of Catastrophic Expectations can be described as - If something bad can possibly happen, it will. "If I invite them to the party, they probably won't come." - "If I apply for the job I want, I probably won't get hired."

Adler, R.B., Proctor, R.F. (2011). Looking out looking in (13th ed.), Boston: Wadsworth Publishing.