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Ronald Cohen is the author of Caution (3.80 avg rating, 5 ratings, 1 review, published 2013)

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### **Chapter 3 extended: faulty thinking what is it**

It's absolutely normal for us humans to run into some of these ways of faulty thinking while observing our thoughts. Here are some tips how to overcome such thinking:

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How can I stop thinking about something over and over? (or ABCDEF worksheet) to identify faulty thinking and come up with a plan you stick to.

### **Insight and outlook: the functional thinking**

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### **Quit faulty thinking - shooting the breeze**

Faulty thinking can include thinking things like: All conflict is bad. Asking for help is a sign of weakness. I cannot change. I am hopeless.

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