

EQUIP Thinking Errors

1. **Self-Centeredness:** Acting like your own view, expectations, needs, rights, feelings and desires are the only right ones or that that are more important than those of others.
2. **Minimizing/Mislabeling:** Acting like bad behavior caused no harm or that it is acceptable.
3. **Assuming The Worst:** Automatically or quickly jumping to the conclusion that someone has bad intentions, accepting a worse-case scenario as if it's the only possibility, or assuming that improvement is impossible in one's own behavior or that of someone else.
4. **Blaming Others:** Not taking responsibility for one's self. This may look like blaming outside sources for your own bad choices, (i.e. such as blaming another person, a group, or situation).