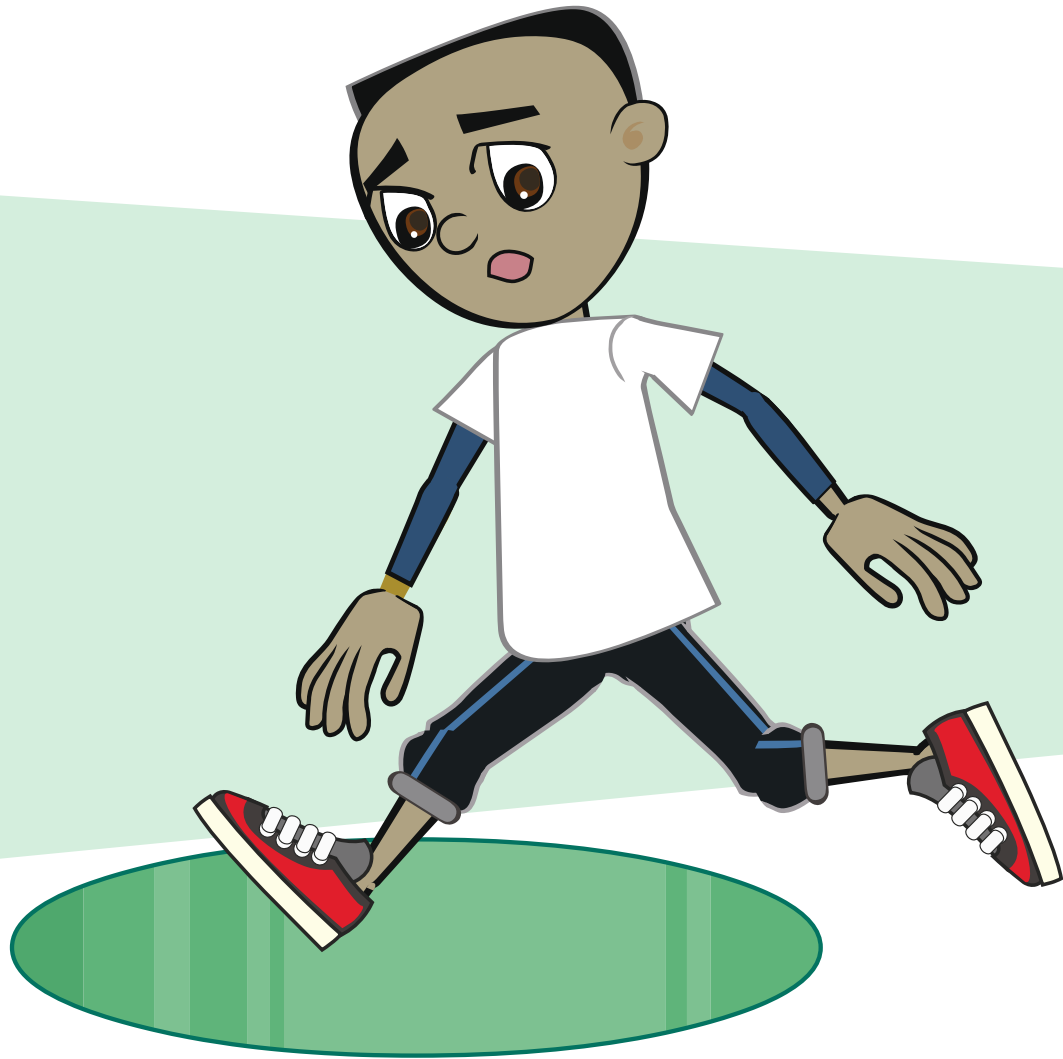


Leapfrogging



Leapfrogging is jumping to conclusions about a situation without having all the information. You make an assumption or think something is true without knowing all the facts.

Keyholing



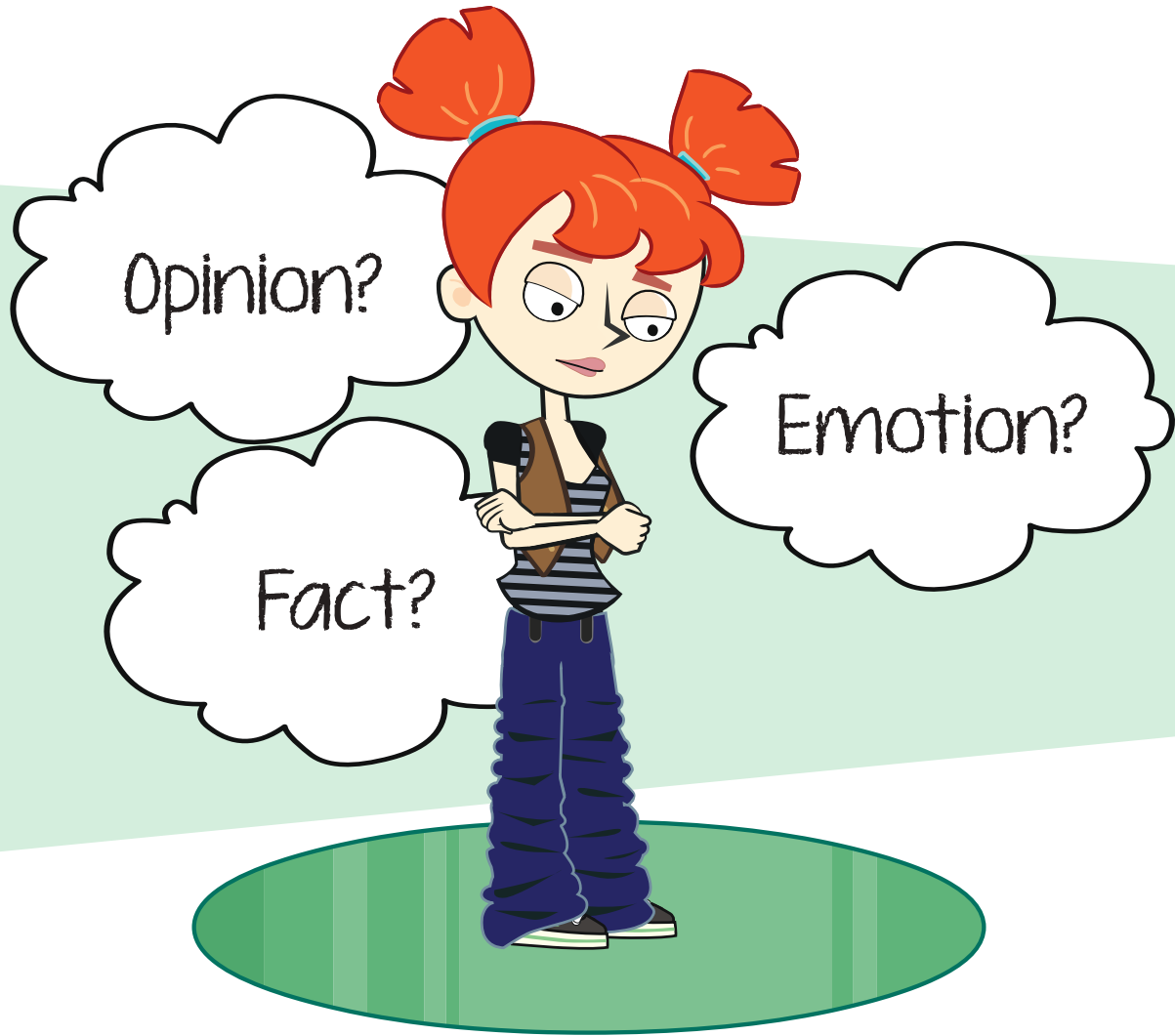
Keyholing is focusing mostly on the negatives while ignoring the positive things in a situation.

Gigantifying



Gigantifying is when you blow up the bad stuff about a situation. You exaggerate and make the bad stuff worse than it is.

Moodeasoning



Moodeasoning is reasoning through things with your mood instead of your logic. You do not separate feelings from facts and make up reasons based on your mood.

Extremifying



Extremifying is viewing a situation in extremes, using terms like “always” or “never”. You believe your situation is permanent.