


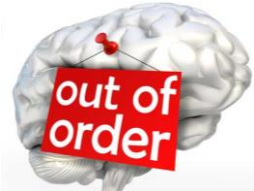


## SPECTRUM OF CLEAR THINKING

CONCEPT	DEFINITION	EXAMPLES
<p style="text-align: center;"><b>FACT</b></p>  <p style="text-align: center;"><i>Direct Evidence</i></p>	<ul style="list-style-type: none"> <li>• Knowledge based on real occurrences and direct experiences</li> <li>• Directly supported by evidence and are widely agreed-upon.</li> <li>• “I <b>know</b> it to be true.” Or, “I don’t know because I don’t have enough information.”</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>I don’t know why Cindy didn’t say “hi” when we passed in the hall.</i></li> <li>2. <i>My girlfriend didn’t respond to my text.</i></li> </ol>
<p style="text-align: center;"><b>INFERENCE</b></p>  <p style="text-align: center;"><i>Evidence + Reasonable Thinking</i></p>	<ul style="list-style-type: none"> <li>• Deriving logical conclusions from what’s known or assumed to be true.</li> <li>• Reasoning from factual knowledge or evidence.</li> <li>• “It’s <b>likely</b> to be true.”</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>I wonder what Cindy had on her mind that distracted her from saying “hi” when we passed in the hall.</i></li> <li>2. <i>My girlfriend didn’t text me back. She must be busy.</i></li> </ol>
<p style="text-align: center;"><b>SPECULATION</b></p>  <p style="text-align: center;"><i>Thinking without Evidence</i></p>	<ul style="list-style-type: none"> <li>• Thinking based on inconclusive evidence, assumptions, opinions, and imagination.</li> <li>• Speculations are guesses.</li> <li>• They narrow the possibility of other explanations.</li> <li>• “It’s <b>uncertain or unlikely</b> that it’s true.”</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>Cindy didn’t say “hi” when we passed in the hall. Maybe she’s mad at me.</i></li> <li>2. <i>I wonder if my girlfriend didn’t respond to my text because she was with another guy.</i></li> </ol>
<p style="text-align: center;"><b>DISTORTED THINKING</b></p>  <p style="text-align: center;"><i>Maladaptive Beliefs</i></p>	<ul style="list-style-type: none"> <li>• Assuming an idea in your mind is the same thing as reality and <i>believing</i> it to be true.</li> <li>• Misguided <i>beliefs</i> based on imagined thoughts without objective evidence.</li> <li>• “It’s <b>NOT</b> true.”</li> </ul>	<ol style="list-style-type: none"> <li>1. <i>Cindy doesn’t like me. Nobody likes me. I’m a loser.</i></li> <li>2. <i>My girlfriend hasn’t returned my texts. She’s out cheating on me! I can’t trust women.</i></li> </ol>