



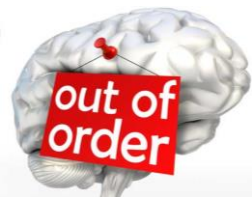


SPECTRUM OF CLEAR THINKING: FACT, INFERENCE, SPECULATION, OR DISTORTED THINKING?

Concept	Definition	Examples		
<p>FACT</p>  <p><i>Direct Evidence</i></p>	<ul style="list-style-type: none"> Information Knowledge based on real occurrences and direct experiences Facts are directly supported by evidence and are widely agreed-upon. "I know it to be true." 	<ol style="list-style-type: none"> The company announced a down size in the workforce. Some people will be let go. The kitchen needs cleaning. I don't want to do it. I don't know why Cindy didn't say "hi" when we passed in the hall. My girlfriend didn't respond to my text. 		RESPONSIVE
<p>INFERENCE</p>  <p><i>Evidence + Reasonable Thinking</i></p>	<ul style="list-style-type: none"> Deriving logical conclusions from what's known or assumed to be true. Reasoning from factual knowledge or evidence. "It's likely to be true." 	<ol style="list-style-type: none"> The company is downsizing the workforce starting with last hired. I am 3rd to last hired and could lose my job. If I ask Tom to clean the kitchen, he might be willing. I wonder what Cindy had on her mind that distracted her from saying "hi" when we passed in the hall. My girlfriend must have been busy doing something else since she didn't text me back 		OBJECTIVE, RATIONAL
<p>SPECULATION</p>  <p><i>Thinking without Evidence</i></p>	<ul style="list-style-type: none"> Reasoning based on inconclusive evidence, assumptions, opinions, imagination, or wishful thinking. Speculations are guesses. They narrow the possibility of other explanations. "It's uncertain that it's true." 	<ol style="list-style-type: none"> What am I going to do if I lose my I lose my job? It's unlikely that Tom would help, so why bother asking. Cindy didn't say "hi" when we passed in the hall. Maybe she's mad at me. I wonder if my girlfriend didn't respond to my text because she was with another guy. 		PERSONAL, IRRATIONAL
<p>DISTORTED THINKING</p>  <p><i>Maladaptive Beliefs</i></p>	<ul style="list-style-type: none"> Assuming an idea in your mind is the same thing as reality and <i>believing</i> it to be true. Misguided <i>beliefs</i> based on imagined thoughts without objective evidence. "It's NOT true." 	<ol style="list-style-type: none"> I'm going to lose my job. Bad things always happen to me. I don't deserve to be happy. (self-directed stuck point) I have to do everything myself. Nobody cares about me. (self- and other-directed stuck point) Cindy's mad at me. What did I ever do to her? Nobody likes me. (self-directed stuck point) My girlfriend hasn't returned my texts. She must be cheating on me! I can't trust women. (other-directed stuck point) 		REACTIVE