**THINKING DISTORTIONS, PATTERNS, AND TACTICS**

### Distortions

**Thinking Distortions**

1. Extreme thinking  
2. Overgeneralization  
3. Personalization  
4. Magnification or minimization  
5. Jumping to conclusions  
6. Selective focus  
7. Concrete thinking  
8. Actor vs observer bias  
9. Closed thinking  
10. Emotional reasoning  

### Patterns

**Criminal Thinking Patterns**

1. Victim stance  
2. “Good person” stance  
3. “Unique person” stance  
4. Fear of exposure  
5. Lack of trust  
6. Lack of time perspective  
7. Selective effort  
8. Use of power and control  
9. Seeks excitement first  
10. Ownership stance  

**Addictive Thinking Patterns**

1. Self-pity stance  
2. “Good person” stance  
3. “Unique person” stance  
4. Fear of exposure  
5. Selective effort  
6. Use of deceit to control  
7. Seeks pleasure first  
8. Ownership stance  

### Tactics

**Avoidance Strategies**

1. Lying by omission or commission  
2. Being deliberately vague  
3. Staying silent to avoid notice  
4. False compliance  
5. Playing dumb  
6. Selective memory and attention  
7. Minimizing  

**Diversion Strategies**

1. Pointing out others faults  
2. Magnifying  
3. Deliberately trying to confuse  
4. Quibbling over words  
5. Introducing irrelevant issues  
6. Discussing smokescreen issues  
7. Self-shaming to avoid responsibility  

**Aggression Strategies**

1. Arguing  
2. Threatening words or behaviors  
3. Raging  
4. Sarcasm and teasing  
5. Creating chaos  
6. Attention seeking