

Chapter 1 : Stop Jumping to Solutions!

Jumping to conclusions (officially the jumping conclusion bias, often abbreviated as JTC, and also referred to as the inference-observation confusion) is a psychological term referring to a communication obstacle where one "judge[s] or decide[s] something without having all the facts; to reach unwarranted conclusions".

May 15th, Jumping to Conclusions: Jumping to conclusions is a common type of error or fallacy in reasoning or thinking, in which a person draws conclusions which are not warranted from available information. In the language of cognitive behavioral therapy, jumping to conclusions is one of the common cognitive distortions characteristic of depression and anxiety. In depression or anxiety, a person often falsely concludes that things are going to go wrong, or that they have done something wrong. However, people can also jump to false conclusions in ways that introduce positive bias, or other sorts of bias. When jumping to conclusions, a person skips the step of considering possible interpretations for a situation, and instead jumps right to accepting whatever interpretation seems most plausible to them. In general, when people jump to conclusions, they tend to pick interpretations that fit their own existing view of the world. Jumping to conclusions, when it becomes a chronic problem, thus tends to lead to people getting stuck in their own viewpoint, even when it does not fit with reality. Examples of Jumping to Conclusions: People often jump to conclusions in their interpretation of events. For example, suppose you see a white police officer talking to a black driver of a car. A white racist, with a negative bias towards black people, might jump to the conclusion that the black driver had been driving poorly and was being pulled over for some sort of traffic violation. A black person who had prior experience with unjust harassment by white police officers might jump to the conclusion that the police officer was engaging in racial profiling, pulling the person over for DWB "driving while black". In reality, without further information, both of these scenarios, as well as others, are possible, and you do not know with certainty what is happening. It is also possible that the officer is issuing the person a warning because their brake-light is out. One of the most common forms of jumping to conclusions is believing that you know exactly what a person is thinking, when in reality you do not. For example, suppose you call someone that you do not know very well, and leave a message asking them if they would like to meet for lunch. The person never responds. There are many possible explanations for this behavior: Perhaps they do not like you and are not comfortable having lunch or calling you back. Perhaps they do not check their phone messages, or their phone is lost or broken. Since you do not know the person well, if you pick any one of these interpretations, you will be jumping to conclusions. The "Fortune teller error", or predicting the future - Everyone imagines events in the future; people go wrong when they accept uncertain events as inevitable. Many aspects of the future are highly uncertain. People who suffer from depression often jump to the conclusion that a task will fail at the first sign of a hurdle or setback to that task. Conversely, overly optimistic people can jump to the conclusions that a task is going to succeed. Seeing negative events in the future as inevitable can lead to hopelessness, whereas seeing positive events as inevitable can lead to disappointment, frustration, or a failure to cover all possible bases or creating backup plans for scenarios in which things go wrong. How to Avoid Jumping to Conclusions: The most important aspect to preventing jumping to conclusions is to focus on facts and tangible events, and avoid subjective interpretations. Without knowing more about the situation, there are many types of interpretations. Focus on directly observable facts - Always keep anything you directly observed or are certain about in the front of your mind: Entertain different possibilities - When you need to interpret an event, think of several different ways of interpreting it, and then check each interpretation to see which one seems most plausible. When trying to predict what will happen in the future, think of the different scenarios that will play out, and think about which ones are most likely to occur. Assigning subjective probabilities to each outcome or interpretation can be a helpful tool to emphasize that you are not certain what is going to happen. Resist unnecessary interpretations or predictions - In many situations in life, no interpretation or prediction of the future is needed. Intelligently interpreting events or predicting the future takes time and focus to do well. Allow yourself to experience life as it comes, and focus your effort of interpretation and prediction where it is most needed and will be most beneficial to your life. Accept uncertainty - People often jump to conclusions

because they have trouble living with uncertainty. Being content with not knowing what people are thinking, and not knowing what is going to happen in your future, is ultimately empowering, as this is the reality that you are living with most of the time:

Chapter 2 : JUMPING TO CONCLUSIONS â€” Regie's Blog

Synonyms for jumping to conclusions at www.nxgvision.com with free online thesaurus, antonyms, and definitions. Find descriptive alternatives for jumping to conclusions.

Nothing makes us feel more secure in the world around us, than for all of our assumptions about something to be reinforced. We share nothing in common. As humans, we often need for everything and everyone to be as simple, and as easy to asses, as Hitler. We need people and circumstances to be that cut and dried. The problem is most things in life are not as simple as Hitler. I am amazed at how often we now jump to conclusions about everything. The easily accessed information floating around the internet can allow anyone to bolster their already deeply-held beliefs, with the click of a link. And while we are all aware of how much complete hogwash is being written and shared, somehow we refuse to believe we have just read any of it. This scenario plays out upside-down and backwards, almost every minute of every day, these days. Sometimes we get so invested in a belief, that we cannot WAIT for the proof. It also works in reverse. We are so convinced something IS NOT true, that we will gobble down whatever news calories we are fed, no matter how lacking in nutrition they may be. He was making no sense and stuttering and his words were trailing off into babbling. As it turns out, Mr McCain had a brain tumor. And that is why he was acting the way he was. If we had simply waited for more information, and not jumped to conclusions, we would have understood. Every little thing that happens in the world must have bigger implications or point to the conclusion upon which we have already jumped. And THIS is how tensions rise and arguments escalate. Because we need them to be that simple. As fate would have it, while I was watching people pile on Mr Osteen online, I happened to be hanging out with one of his friends â€”that very day. It was interesting to watch the juxtaposition of people acting like third-graders on social media, while in real time, watching someone actually TEXT Joel. The anti-Osteen chorus was rising and telling the tale of how he was refusing to get his hands dirty to help the people of Houston. While that story was being told and believed, my friend was getting texts about all the meetings he was in with local authorities, and all the safety assessments they were doing of the building. So he and his staff are trying to help them find what they need. Osteen was indeed NOT opening his church. That part was true. On and on this went, and it was fascinating to watch and listen to. And neither side probably cared much about the facts on the ground, as they were actually playing out. Both sides just needed their assumptions reinforced. Because that is easier than having to deal with complication and nuance. I actually get that. I suppose that makes sense. I too jump to conclusions and have beliefs I want proven to be true. Always assume your side could be wrong. Being a lock-step soldier for your belief system can put you in peril of being on the wrong side of something, and having to back-pedal for the rest of your life. Some of them fail spectacularly. And the institutions they create are imperfect. If you find yourself constantly defending a PERSON or a group of people, rather than an idea or a concept, you will eventually have egg on your face. Because I promise you on a stack of bibles â€”nothing and no one is as perfect as you want it â€” or them- to be. I take it all in and weigh it against what else is being reported. Even then, we may not completely get to it. Because it brings out the worst in us. It causes us to jump to conclusions that may or may not be true. And once you get there, jumping in any direction, to any conclusion â€”is dangerous.

Chapter 3 : 5 Simple Steps to Help You Avoid Jumping to Conclusions - IRIS

Jumping to conclusions is a type of negative thinking pattern, known as cognitive distortions.. Cognitive distortions are habitual and faulty ways of thinking that are common among people who struggle with depression and anxiety.

Simon to describe the tendency of decision makers to settle for the first alternative that meets the minimum requirements rather than finding the optimal solution. However, executives typically focus on too narrow a set of options and criteria without taking out-of-the-box possibilities and conflicting stakeholder interests into account. One study found that in seven out of 10 cases the decision makers considered just one possibility. The program is designed to help senior executives navigate specific business challenges or transition to general management positions. In the first part of the study, we asked participants to assess the merits of a hypothetical job offer using their own approaches. We found that they systematically underinvestigated the option and criteria spaces and that they found it difficult to articulate the trade-offs between different options in a systematic way. Their list of criteria ranged from four to 10 items. The items they listed often overlapped for example, responsibility and autonomy, so they were effectively counting the same thing twice. But there were also some conspicuous oversights – for example, more than two-thirds of them failed to factor in fit with the new boss or team. In the second part of the study, executives worked on their own professional or personal challenges and leveraged their peers to help them think about their situation in a more systematic and structured way, using the concepts presented in this article. This decision-making approach was particularly helpful with cross-cultural teams, as it minimized the importance of language mastery. Other group members could appreciate and build on the reasoning presented in the matrix, even if the decision maker lacked eloquence; it leveled the playing field for ideas. Furthermore, after-action review suggests that this approach is helpful in resolving previously intractable dilemmas and that executives are able to transfer the approach to other problems. Where Decisions Go Wrong When executives look at complex problems, they try to focus on the essentials and to screen out irrelevant distractions. But determining the most important factors and the best ways to respond varies depending on the frame adopted. For example, a marketing specialist is liable to perceive a situation and the key stakeholders quite differently from someone working in finance; each person is likely to consider different criteria and options that will ultimately influence the choices he or she makes. Put differently, the options-criteria frame sets the context for the decision. However, executives tend to treat this frame as a given; when they get locked into a suboptimal frame they lose perspective, which undermines the quality of their decision making. Option Myopia Too often, executives accept the initial framing of a problem, whether it was generated by themselves or by others. They are typically not even aware they have framed the problem in a particular way. Instead, they just look at a situation, analyze it, and arrive at one or two plausible solutions – unwittingly closing off other possibilities. Consider the example of a global business services company that had operations in Australia. When the investment proposal was turned down, the manager considered resigning but was persuaded by her team to explore other ways of going after the opportunity, such as partnering with another organization. She ultimately proposed a management buyout of the Australian operation, which was approved. Within a few years, the multinational decided to buy back the flourishing Australian operation and gave its management team a more prominent role in the region. In addition, they typically focus on objectives of direct importance to them, brushing aside goals that are important to other stakeholders. But inappropriate self-interest is a frequent contributor to flawed strategic decisions. After studying what to do with the old rig, Shell U. Had Shell executives sought input from a broad range of stakeholders beyond the U. When presented with a new opportunity, most executives start by weighing the professional issues – the proposed pay, title, and responsibilities, especially if there is no need to relocate. In the process, though, many fail to think about other aspects of staying put versus switching jobs that could influence both how successful they will be in the new job and their overall satisfaction with life. Don, for example, was weighing an opportunity to become CEO at an electric utility company in New Zealand against remaining in his current role of chief technology officer at the company. The details of this example have been disguised. At first, Don viewed the decision as just a question of whether or not to accept the

promotion, but after he visualized his matrix of options and criteria and discussed the choice with colleagues, several other options surfaced, including leaving his current employer and working at another local company, relocating to a different geographical area, and exploring job opportunities outside the corporate sector. As he considered these options, additional criteria emerged. Thinking about leaving the company brought into focus the personal benefits of his current situation that he would forfeit if he left; leaving New Zealand raised questions for family members. Whereas Don was initially stuck with a myopic option set and unclear about what he wanted, introducing new options and criteria allowed him to step out of his overly narrow framing. Out-of-the box thinking is not just about coming up with fresh options but also about gaining clarity on key evaluation criteria. The emergence of fresh options and differentiating criteria helped him realize that, with a few tweaks, his current position provided the best trade-offs among multiple criteria. By structuring and visualizing the option and criteria spaces, Don was able to clarify his thinking and identify what he wanted. Most importantly, he saw that there was no silver-bullet solution that addressed all of his issues and that whichever option he chose would entail difficult trade-offs. While the decision matrix is no panacea, its systematic structure and visual layout provide powerful perspectives for reflecting on, sharing, and debating the critical trade-offs and choices inherent in any difficult decision – be it at home or at work. Expanding the Decision Frame Expanding option spaces in systematic ways can open up new, previously unconsidered possibilities. In the example illustrated below, an executive started by considering whether to accept a promotion from CTO to CEO – but by expanding his decision frame, he ended up identifying more options. Systematically Expanding the Decision Frame While the decision matrix is commonly used to visualize trade-offs with existing options and criteria, it also can provide a structured approach for looking beyond the obvious solutions and criteria. To expand the decision frame in a systematic way, executives need to understand two concepts: One effective way to expand your thinking is to ask: So what started as an offhand response gave rise to a new set of career options that came to include becoming a teacher, coach, civil servant, or entrepreneur. While brainstorming is a common way for teams to generate lots of ideas, at some point, ideas need to be organized. Categorizing them into mental buckets helps to spot gaps and overlaps – in terms of both options and criteria. The aim, on both axes, is to develop both breadth and depth. In the job switch example, the option buckets could start with corporate versus noncorporate jobs and break down the options from there. And the criteria buckets could be divided into financial versus nonfinancial objectives before itemizing the different variables. Through our work with executives, we have learned that the cognitive act of creating new mental buckets for example, noncorporate jobs serves to stimulate creativity. Executives have much more difficulty coming up with a similar range of ideas when starting with a blank slate and no guiding structure. New options are likely to lead to new criteria. For example, the possibility of noncorporate jobs highlighted factors such as time with family and job security that had previously not been part of the equation. Even so, you may choose to maintain some of the new criteria you were able to identify. First, there was the dichotomy between corporate and noncorporate jobs. Then there were decisions about staying with the company or moving on, and whether to remain in the current job or take some other job in the company. Every decision process for an important strategic decision should begin by examining the most difficult trade-off, something we call the golden cut. To find the golden cut, decision makers may need to reframe the problem by moving either up or down a level to identify the underlying tension. For example, in the job search example, one level away from the corporate versus noncorporate decision is the choice between having a job and not having a job – which might be relevant for an executive envisaging early retirement or for someone who has sold his or her company. For example, one executive deliberating a job change developed a sophisticated set of criteria based on the mental buckets of financial and nonfinancial goals. This allowed him to reconsider his perspective on the relevant decision criteria. In our experience working with senior managers, the ability to shift perspectives up and down is not the norm. When making strategic decisions, executives often take the first cut for granted, thereby depriving themselves of the opportunity to break out of their current frame and combat myopia. Identifying the golden cut is vital – not just for framing decisions but also for engaging with key stakeholders. For instance, if you start a conversation about a potential new job using financial versus nonfinancial criteria, you might get instant pushback from family members who fear that their perspectives are

not being considered. If, on the other hand, you first point out that there are both family-related and personal objectives that need to be taken into account, it might lead to a more constructive conversation around different options and their respective trade-offs. Being mindful about choosing and communicating the first cut on the criteria dimension is likely to create more openness and willingness to engage; the relevant criteria will be highlighted at the beginning rather than as an afterthought. The matrix offers a structured way of soliciting and gathering input. But it does force executives to reflect on how they go about making consequential decisions. More specifically, by helping executives work through their challenges in a more structured and systematic way, using a decision matrix to expand the decision frame can enhance decision making at three levels: Clarifying Your Thinking Using a decision matrix contributes to problem solving by rendering your thinking visible. To this end, the matrix provides decision makers with an effective way to store relevant information so that they can devote their cognitive resources to the critical task of evaluating the relative merits of different options. Scholars have noted the importance of visual cognitive artifacts such as mind maps, SWOT analyses, and decision matrices that extend the capacity of the brain to process information. It incorporates the relevant options and criteria and shows, in a structured way, how they compare with one another and what the various trade-offs are. Once this underlying strategic logic becomes evident, it is easier to review and, if need be, reconfigure the frame by adding or changing options and criteria. Having worked out the relevant options and criteria, you can employ the decision matrix in a classic way. A good way to do this is to score the options against each variable, with a plus or a minus sign for expected positive or negative outcomes and a zero or a question mark for neutral or unknown outcomes. The scores signify a presumed causal relationship between the various options and the various criteria – allowing decision makers and other interested parties to think through why particular choices are expected to lead to particular outcomes. The underlying goal of this exercise is not so much to come up with an actual number but to test the soundness of the causal relationship that links a specific option to certain criteria. It can serve as a starting point to share your preliminary options and criteria, to explore issues outside your own awareness, and to clarify what needs to be true for each option to be the best choice. When used that way, the matrix accelerates the transition from individual to collective sense-making. It offers an efficient way for others to grasp the scope and crux of the problem and to verify that everything important has been considered. The matrix provides an antidote to self-censorship by maintaining a clear record of the factors considered and the presumed connections between choices and outcomes, enabling people to push back on any assumptions that are unfounded or incomplete. By engaging with others who have different perspectives, decision makers can root out biases and blind spots. This prompts people to inquire: This highlights the importance of spelling out not just the anticipated benefits but also the negative impacts different stakeholders might incur. The matrix supports open conversations around the key options and criteria. Not only does it help executives capture and discuss these insights in a structured and integrated way, it also keeps the debate on track and restricts people from circling back to the same old points. With more complex decisions, different stakeholders are likely to disagree about what the best way forward would be. In such situations, jumping directly to the solution will create conflict and resistance. Generating Internal Buy-In Beyond enriching the quality of decisions and sense of involvement, the decision matrix can also be useful for communication. However, if you can familiarize yourself with its underlying logic, you are going to have a much easier time explaining your strategy and dealing with potential objections. The matrix enables decision makers to share a sense of the deliberations and the way the decision matured. In particular, it offers different communication options, depending on how controversial a decision is and how much pushback is expected. For relatively straightforward decisions where low opposition is expected, leaders can directly present their chosen option and explain why the decision was made.

Chapter 4 : Why We Jump to Conclusions (and How to Stop) - Becoming Who You Are

jump to conclusions To make decisions or form opinions before one has all the pertinent facts. I know you found some suspicious things in her office, but don't jump to.

Instead, too often we mentally leap to the bottom line, and in that leap we often fly past a few things that could lead us to more accurate understanding. Sometimes we even teach others on the basis of our wrong conclusion. The simplest answer is NOT always the correct one. You can find this misinformation in many books and all over the internet. It has been quoted in learned papers and taught by at least one national training organization that really should know better. It is wrong, and yet it is based on some excellent research by a professor at the prestigious University of California at Los Angeles so how can it be wrong? It is wrong because somebody, somewhere, over-simplified. No doubt in a hurry, or because of a word-count limitation assigned by an editor who in turn was bound by page space, a very important piece of information about that research was omitted, not by the original researcher, Dr. Albert Mehrabian, but by someone in the subsequent reporting chain. The fact is that Dr. Mehrabian was not researching communication in general. He was very specifically researching the communication of feelings. How often can we tell how someone is feeling just by the way they move as they enter the room? The way they walk, hold their head, the droop of their shoulders, the expression on the face oh yes, we can see Dr. It just means that we can have a fairly good idea about how the individual is feeling. Yet, because someone over-simplified, misinformation is passed on around the world, and courses on body language are seen as even more essential to interpersonal success than they actually are. Body language does not convey facts unless those facts are actually feelings. This happens a lot. As adults, do we really know if research done with white male college sophomores from an Ivy League college can be generalized to group of people who are far more diverse in race, age, gender and life experience? The results may indicate a possibility, even a probability, but if we are to avoid over-generalization it needs to be replicated with a population that is far more diverse in race, age, gender and life experience before it be applied to the majority of people. Yet that, of course, is exactly what we do when we stereotype. We take an experience, or an incident, and assume that it is always going to happen in the same way based on whatever is most noticeable about what happened. We take a person who behaves in a certain way and assume that all people like that person have the same behaviors or beliefs. Not only do we base stereotypes on our own experience, but on what we have read or heard from others, whose knowledge may be even further removed from the truth. Anyone who talked to Dr. Mehrabian about his research would have learned the truth, but the further the misinformation traveled, the more firmly wrong it was. I once started work in a new environment in the U. It took a while, but after some months she began to relax, and confessed to having been influenced by an episode in her teens. Her family spent some time in England, and after having become accustomed to American high school life she suddenly found herself in a far more highly structured English school being taught, and reprimanded, by English school teachers who did not appreciate her introduction of American ways and accent into their domain. She remembered the experience as truly horrible, and still hated the memory of her teachers, who were all middle aged women with, of course, English accents. Many years later, with my English accent still noticeable, I kicked up all the youthful anger and resentment she had stored up since that time. And, as she eventually realized, inaccurate. Yet it certainly slowed the efficacy of our work together. Sometimes, when we over-generalize, or stereotype, it can hurt other people, as her lack of welcome hurt me. Sometimes it can be harmful to those who do it, and who act or make decisions based on inaccurate information. In my work in addiction counseling I have met people from many different backgrounds and learned much from them. A bluff may be called. An employer may pass over a potentially brilliant employee who could do much for the organization. A competitor, under-estimating the abilities of other competitors, may not train or practice sufficiently prior to the contest. Serious, and maybe irrevocable mistakes may be made. It is worthwhile for us to take the time, and make the effort to check on whether or not we, too, have sufficient information before we make assumptions, and even more so before we act on them. We all tend to do it. Are there unfounded assumptions are leading you astray from your goals? Please let me

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Chapter 5 : The Art of Jumping to Conclusions | PREPARE/ENRICH

Jump to a conclusion definition at www.nxgvision.com, a free online dictionary with pronunciation, synonyms and translation. Look it up now!

Molly Schlieff We all do it â€” we all make quick decisions without hearing the whole story. She knew you asked her to do it, since you did it the last two times. This thought is appalling , what did she do all last night? Watch documentaries about people with weird addictions? We all do this, in one form or another. The other night, my partner and I decided to go see a show. I was visiting my grandmother and he wanted to see the opening band, so we decided to meet inside the crowded bar retrospectively, probably not the best idea. I show up about an hour after doors open, which is typically around when the opening band is wrapping up. As I walk into the bar, I am met with a wall of bodies. How am I going to find him in this mess? I shoot him a quick text. Pushing past the barricade of excited fans, I get elbowed in the side. Well what the heck. He knew I was showing up after the opening act. He knew we were meeting in the bar. I walk over to the bathroom area to cool off and wait some more, sending him a second text. Seriously, where are you? My frustration levels are rising exponentially. I decide to walk to the bar to get a drink while I wait for his inconsiderate face to look at his phone. As I elbow my way to the bar, I see him chatting with three other people. Smiling, laughing, enjoying his time. All while I am flustered that I have just spent twenty minutes of my time searching for this man â€” and he forgot about me. I swim over to him, my heart rate increasing every set of shoulders I push past. He sees me and smiles. I stare at him, a million thoughts racing through my head. These three individuals, whom I have never met, are more important than us attending this show together? Why did you forget about me? Like I said before, we all jump to conclusions in our own way, in different forms, at different events in our lives. So how can we avoid this negative, unnecessary process to keep the peace in our relationship? Well, it comes from within us. Instinct is hard to combat â€” so give yourself a break and give your partner a break if they make the same mistake. Remember these small things: Assume the best intent of your partner. Are you at a crowded bar where your partner is distracted? Life can and will throw curveballs at us. Remember, instinct is hard to break free from. If your partner paints this masterpiece of negativity after jumping to a conclusion, remember that we all make mistakes. Spare yourself and your partner a fight. This is a journey you are on together , if they make something more difficult for you, they are making it more difficult for themselves as well! So while jumping to conclusions is a crafted art in my mind, it may be more of a masterpiece to not make that leap.

Chapter 6 : Jumping To Conclusions Quotes, Quotations & Sayings

Jumping to conclusions can land us in the wrong place. We are rushed, we are pressured, and we don't have time for the fine details. Instead, too often we mentally leap to the bottom line, and in that leap we often fly past a few things that could lead us to more accurate understanding.

Subtypes[edit] Three commonly recognized subtypes are as follows: People may assume that others think negatively of them. An example is "people must hate me because I am fat". A person may predict the outcome of something will be negative before they have any evidence to suggest that may be the case. Often, a person will make a negative assumption when it is not fully supported by the facts. An example given in *Communicating for Results: A Guide for Business and the Professions* is of an employee avoiding eye contact while being questioned over a missing item – it may suggest their guilt to the crime, but it may also suggest other things such as their embarrassment at their integrity being questioned, or even a "gesture of respect for Even if the questionee shows more signs of guilt, such as sweating and avoiding answers, one is still making an assumption when they link these symptoms to the theft. These assumptions are examples of jumping to conclusions, and could have resulted in faux pas if pursued further without the evidence to back it up. Mistakes are much more likely when people are unaware that they have jumped to conclusions, and instead think that their assumptions are actually knowledge. Asking for clarification is a good way to help investigate inferences further. Saying things like "wow, geez, and what a shame" can make one come across as more interested in looking supportive than what the other person is saying. Therefore, assuming that a story-teller wants overly-compassionate responses can have its downsides, especially if they seem non-genuine and only maintained in order to uphold some kind of social expectation. Multiple observations, of the child reacting in different circumstances, should be carried out to help show a context for certain symptoms and allow then to work out if they are part of a larger issue. Many doctors jump to conclusions in the following ways: It escapes and begins to crawl up her pant leg. She pulls over, gets out of the car, and proceeds to jump up and down and shake her leg in order to get rid of the animal. A passerby think she is having a seizure, so he approaches and wraps his arms around her to calm her down. Another passerby sees the struggle, and assuming the first passerby is an attacker, punches him in the face. The woman then attempts to explain what really happened. Sometimes these stories are adapted from real situations, and students are sometimes asked to work out the legal issues involved. It serves as a twist in which "someone jumps to an incorrect conclusion, thus setting himself or herself up for some kind of uncomfortable, often hilarious downfall".

Chapter 7 : Jumping to conclusions can land us in the wrong place - The Coach of Choice

Jumping to conclusions is one of the most common forms of negative thinking. The problem with this type of a cognitive distortion is that conclusions are in most cases negative; catastrophically negative.

The key reality for this series is that our thoughts have profound effects on our perceptions of reality. In order to improve our lives, we must first become aware of our false or negative thoughts and replace them with positive ones. Jumping to conclusions is the only exercise some people get. When something goes wrong or a routine gets disrupted, it is too easy to assume the worst about our peers and circumstances. However, the way we look at each event or person is a deliberate choice over which we have complete control. Jumping to conclusions is a negative thinking pattern developed by making pessimistic assumptions that are not supported by facts. This dangerous phenomenon can occur in a couple of different ways: When you are mind-reading, you assume that others are negatively evaluating you or have bad intentions for you. When you are fortune-telling, you are predicting a negative future outcome or deciding that situations will turn out for the worst before the situation has even occurred. It is only damaging, however, when we actually believe our assumptions and inferences are factual and true without digging deeper to find confirmation. He jumped to that conclusion based on what he assumed that my tone meant. The fact was, however, that I was focusing on something else and he had simply interrupted my train of thought. In truth, I was a little irritated. But I was not upset or angry like he assumed. Looking at this example a little more deeply you can see how we assess the things that are going on in our environments and make judgments about them constantly. Almost immediately after my response, my husband asked me if I was mad. I answered that I was not madâ€”just preoccupiedâ€”and we went on with our evening. He did a few things right in this situation. After making the inference, he asked me for clarification. When he found no evidence to support his inference, his thoughts took a different route and no problem occurred. All is not lost! We can do something called reframing. My husband has already left the house when I discover that the carton is almost empty. My first reaction is to assume that my husband had drank all of the orange juice and I might infer that he is thoughtless and rude. If I go down this road it is likely that a problem will occur at some point, ending either with me directly questioning my husband possibly in a raised voice or me in a grumpy mood to start the day. As you can see, this method is good for all parties involved. Reframing is a skill that you can develop. It is really all about the stories that you tell yourself. If I tell myself that my husband is thoughtless and rude, I will have one reaction. If I tell myself that it was an oversight, I will have another. The choice is mine. With enough practice I can retrain myself to stop jumping to negative conclusions without evidence. I will never stop assessing my environment and drawing conclusions, but I can automatically begin to look at the positive possibilities and realize that I can choose to tell myself any story I want. When I have reached that point, a shift in the way I am thinking occurs and my world becomes a little less threatening and hostile. To recap, here are the steps you should take to stop jumping to negative conclusions: As soon as you realize that you are jumping to conclusions, STOP. Is there evidence that supports my negative inference? What story am I telling myself? Is there another story that I could tell myself? Ask for clarification if you have the opportunity. Most of all, keep an open mind. Realize that, while it is natural to make assumptions and jump to conclusions, your thoughts are not necessarily factual. Be willing to change your mind and tell yourself a different story. While it is not an easy to change your way of thinking, it can be done! If you would like help with your negative thought patterns, drop me an email. The journey is not such a long one when we walk it together!

Chapter 8 : Jumping to Conclusions

One of the biggest influences on how I feel is the stories I tell www.nxgvision.com stories can make or break my experience of a situation, mean the difference between connection and conflict, and hold sway over key decisions I make in my life.

Chapter 9 : jumping to conclusions - definition - English

I pulled this from my chapter on writing conclusions. Some students find ending their essays a snap, others get a bit lost at the end and veer off track. What you want in your conclusion is to give your reader a sense of completion, and leave on a broad, forward-thinking note.