Thinking Styles

Mollifcation:

Attempt to justify one's actions by projecting blame. Rationalize, minimize, blame others.



Cutoff:

Rapid elimination of deterrents of crime; thoughts that may be pro-social or may talk the offender out of engaging in this behavior are quickly cut off; cut off w/ phrase sometimes.



Entitlement:

Sense of privilege or misidentifying wants as needs, pursues needs at any means possible.



Power Orientation:

An attempt to exert maximum control over the environment, other people, etc. Use force to maintain control.



Sentimentality:

Doing something nice, acts of kindness in an effort to feel better about oneself; Robinhood syndrome to override or highlight good deeds over negative behavior.



Superoptimism:

Belief that one can avoid the negative consequences of one's actions; can get away with it



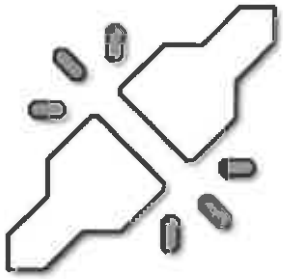
Cognitive Indolence:

Short cut thinking; want fast and easy way w/out putting in all the work



Discontinuity:

Lack of consistency in thought and action; inability to follow through; immature thoughts (Examples: these are my goals – but lack consistency to get there)





Overarching Themes/Buckets

Control: Need for power/control over oneself, others and the environment; problem with rules and authority - *Superoptimism, Power Orientation*

Cognitive Immaturity: Impulsivity, overgeneralizing, extreme judging; tend to get caught up in small details, can make sweeping generalizations / extreme judging, believe they know what other people's motives are and minimize responsibilities problems in their lives and negative outcomes - *Mollification, Cut off, Cognitive Indolence, Discontinuity*

Egocentrism: Extreme focus on self; deserve special treatment - *Entitlement, sentimentality*