Summary of the main appraisal/ judgement errors

Selective perception: Where one or more important aspects of the situation are unnoticed. "She is *not* tidying her room' (which ignores that she is at least washing her hair)

Mind-reading: Where a person believes s/he knows what is in another person's mind, especially their intention: "She does it deliberately to wind me up"

All or nothing thinking: Where some unwanted event is viewed as awful, tragic, terrible, disastrous, etc., rather than simply unwelcome: "She *never* does what I ask of her"

Emotive language: Using strong language to oneself, almost automatically producing an angry reaction: "She is so ***defiant***"

Overgeneralisation: Making a sweeping generalisation from one true observation: "She is bone *idle*. She *never* does anything I ask"

As you can see some of the above statements can fit in more than one category