

What You Feel Ain't Always Real

10 Examples of Emotional Reasoning

1. "I feel hopeless, so things must actually be hopeless." - Emotional exhaustion often underlies hopelessness. Emotional states are transient and not definitive indicators of objective reality.
2. "I feel triggered, so I must be on the verge of relapse." - Triggers signal vulnerability, not inevitability. Experiencing a trigger does not equate to loss of control or relapse.
3. "I feel disgusted with myself, so I must be disgusting." - Emotional disgust is a transient feeling, not an accurate reflection of self-worth. Shame often conflates behavior with identity.
4. "I feel like I'll never change, so maybe I can't change." - Change is non-linear. Temporary stagnation does not preclude long-term progress.
5. "I feel anxious around others, so they must be judging me." - Social anxiety often stems from internal perception, not external evaluation.
6. "I feel distant from God, so He must be distant from me." - Spiritual disconnection is often a subjective experience influenced by emotional or psychological distress, not theological reality.
7. "I feel like I don't belong in this group, so maybe I'm too far gone." - Feelings of alienation do not equate to actual exclusion. Belonging is cultivated through connection, not perfection.
8. "I feel tired of trying, so maybe this isn't worth it." - Emotional fatigue signals a need for rest, not abandonment of values or goals.
9. "I feel like a hypocrite, so maybe I shouldn't help others." - Self-doubt does not negate the capacity to support others. Authenticity, not perfection, enables meaningful contribution.
10. "I feel numb, so maybe I don't care anymore." - Numbness often reflects emotional overload or self-protection-not a lack of concern.

Distorted Thinking and Fallacies

Distorted Thinking	Fallacy	Example	Scripture
Emotional Reasoning	Appeal to Emotion	I feel flawed and defective, so I must be worthless.	<i>The heart is deceitful... Jer. 17:9 I am fearfully, wonderfully made Ps. 139:14</i>
All-or-Nothing Thinking Black & White Thinking	False Dilemma Perfectionist	Either I give in to this craving or I go nuts. I must be perfect or I suck.	<i>God will provide a way out... 1 Cor. 10:13</i> <i>Be still and know... Ps. 46:10 Take every thought captive 2 Cor 10:5</i>
Overgeneralization	Hasty Generalization	I relapsed today. That proves I'm a failure. I'll never change.	<i>His mercies are new every morning. Lam. 3:23 The righteous falls... Prov. 24:16</i>
Misattribution / Distorted Judgment	Strawman	God is gracious, so it's okay if I slip sometimes.	<i>Do not use your freedom to indulge the flesh... Gal. 5:13</i>
Labeling / Shame Identity	No True Scotsman	Real Christians wouldn't struggle like this.	<i>No condemnation... Rom. 8:1</i>
Identity Fusion / Magnification	Fallacy of Composition	Because I failed in one area, my whole life is a failure.	<i>You are God's workmanship... Eph. 2:10</i> <i>God looks on the heart. 1 Sam. 16:7 We are God's children Rom. 8:16</i>
Unrealistic Expectations	Fallacy of Division	Addicts are selfish and weak therefore I must be selfish and weak.	<i>My power is made perfect in weakness... 2 Cor. 12:9</i>
Social Comparison / External Validation	Ad Populum	Nobody at work values me - maybe I'm not worth much.	<i>Fear of man lays a snare... Prov. 29:25</i> <i>People see outward appearance, but the Lord looks at the heart. 1 Sam. 16:7</i>
Abdicated Discernment	Appeal to Authority	A leader I admire said this, so it must be right.	<i>Test everything... 1 Thess. 5:21 Let no one deceive you... Matt. 24:4</i>
Catastrophizing	Slippery Slope	If I don't use tonight, I'll emotionally implode.	<i>Do not worry about tomorrow... Matt. 6:34</i> <i>Cast your anxiety... 1 Pet. 5:7</i>
Excessive Self-Blame / Excessive Self-Credit	Personalization	Everything went wrong, must be my fault. Everything went right, I'm the man!	<i>The Lord upholds... Ps. 145:14</i> <i>He does not treat us as our sins deserve... Ps. 103:10</i>
Justification / Denial	Minimization / Trivialization	Just an occasional look now and then is just a minor sin.	<i>Repent... that times of refreshing may come. Acts 3:19 I acknowledged my sin to You & did not cover up my iniquity. Ps 32:5</i>
Selective Attention	Confirmation Bias (not a fallacy)	My father rejected me so God the Father will reject me too.	<i>Even if my father and mother forsake me, the Lord will receive me. Ps. 27:10</i>