

Errors in Thinking Table

Process	Definition	Purpose	Accuracy	Example	Trigger	Brain
Inference	Drawing conclusions from incomplete information	Interpret and respond quickly with limited cues	Often flawed due to lack of evidence	Assuming someone is upset based on tone alone	Missing information	Primarily Old Brain (fast, emotional)
Confabulation	Fabricating or misremembering details to fill memory gaps	Maintain coherent self-image or story	Subjectively real but factually unreliable	Believing you’ve always supported a belief you adopted recently	Memory gaps or identity maintenance	New Brain rationalizing after the fact
Patternicity	Detecting patterns where none exist	Promote survival by spotting threats or links	Frequently inaccurate—creates illusion of meaning	Seeing shapes in clouds or signs in coincidences	Ambiguity, randomness, uncertainty	Strong Old Brain influence (evolved for survival)
Cognitive Biases	Systematic thinking errors that skew judgment	Save mental energy and simplify decisions	Often skews decisions despite feeling logical	Believing expensive items must be better	Cognitive overload or decision fatigue	Old Brain initiates, New Brain justifies
Logical Fallacies	Arguments that appear logical but are structurally invalid	Persuade or defend positions without solid reasoning	Invalid reasoning even if the conclusion is plausible	Arguing 'if we allow A, then Z will follow' (slippery slope)	Need to win arguments or persuade others	New Brain constructing logical-sounding defences