We often draw conclusions without knowing the full truth.

- Reasons/advantages: ???

- Disadvantages: ???
We often draw conclusions without knowing the full truth.

- **Reasons/advantages:** saving time, makes one feel safe, may appear determined and competent to others ("A wrong decision is better than no decision").

- **Disadvantages:** ???
We often draw conclusions without knowing the full truth.

- Reasons/advantages: saving time, makes one feel safe, may appear determined and competent to others (“A wrong decision is better than no decision”).

- Disadvantages: risk of making an incorrect and dangerous decision ...
### Jumping to Conclusions

In what kind of situations do we draw conclusions without knowing the full truth?

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<td>Choosing a kind of a cake, color of socks, kind of lunch etc. ...</td>
</tr>
</tbody>
</table>
### Domain

<table>
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<tr>
<th>Imposter</th>
</tr>
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#### Example

In 1906, the small-time thief W. Voigt disguised himself as an army general and took command over a group of legitimate soldiers. The city hall of Köpenick (Germany) was occupied under his command, the mayor was arrested, and the city treasury was stolen. The imposter, who never had been in the army, was believed solely because of his uniform and military-like manner. He was captured ten days later.
### Jumping to Conclusions “in action” – urban legends –

Marlboro is owned by the KKK? (for an alternative exercise, see end of presentation)

<table>
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<tr>
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| Since the mid-1980s there were rumors that markings on the Marlboro package indicate Ku Klux Klan ownership. | **For:**
| | ??? | | ![Marlboro cigarettes] |
| | **Against:**
| | ??? | Mar = Marl = jew? lboro = orobl = horrible |
## Jumping to Conclusions “in action” – urban legends –
Marlboro is owned by the KKK?

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| Since the mid-1980s there were rumors that markings on the Marlboro package indicate Ku Klux Klan ownership. | **For:**  
  - The red chevroning on the white background forms the capital letter “K”  
  - “Mar” upside down reads like “jew” – “lboro” reversed looks like “horrible” = “horrible jew” (see right)  
  - The motto “veni, vidi, vici” (came, saw, conquered) is believed to be a slogan of the KKK | ![Image of Marlboro cigarettes] |
| **Against:** ??? | **Mar = χαρ = jew?**  
  lboro = orobl = horrible |
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<td></td>
<td>against:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Marlboro was founded by Philipp Morris, an Englishman; no ties to KKK</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Marlboro was named after street of London factory: Marlborough Street</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- The motto is not connected to the KKK</td>
<td></td>
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</table>

Mar = Marl = Jew?

lboro = oroobl = horrible
Is the Ku Klux Klan owner of Malboro?

No!
How do these conspiracy theories arise?
How do these conspiracy theories arise?

- They are often more exciting than reality!
- They are based on statements difficult to check or prove (e.g. that “Veni, Vidi, Vici” would be the motto of the Ku Klux Klan? wrong!).
- They conceal alternative explanations (e.g. the name “Marlboro” rearranged forth and back can mean a lot of things; e.g. the words labor or Roma can be found).
- Legends are sometimes based on facts taken out of context. The significance of these details is also largely exaggerated (at first glance, the three red K’s are impressive, but they do not prove anything).
There are numerous examples in history where minorities and outcasts were falsely blamed for uncontrollable, catastrophic events. For example, in medieval times a poor harvest was often blamed on witchcraft or religious minorities.

These simple explanations reduced tension and fear and provided the illusion of control.
Studies show that many people with psychosis (but not all!) make decisions on the basis of little information. This type of decision making can easily lead to errors, compared to a type involving careful consideration of all available information.
Why are we doing this?

- Studies show that many people with psychosis (but not all!) make decisions on the basis of little information. This type of decision making can easily lead to errors, compared to a type involving careful consideration of all available information.

- The perception of reality for many (but not all!) people with psychosis is altered. Unlikely interpretations are considered that most other people would disregard.
# How jumping to conclusions promotes misinterpretations during psychosis – examples

<table>
<thead>
<tr>
<th>Event</th>
<th>Explanation during psychosis</th>
<th>What really happened</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your discharge date is moved forward.</td>
<td>You are convinced that the doctors have given up.</td>
<td>Unexpectedly, a bed has come up at a residential accommodation.</td>
</tr>
<tr>
<td>The thought “You are worthless!” is hammering in your head.</td>
<td>You are convinced that this is caused by a cell phone antenna on the roof.</td>
<td>Most people experience negative thoughts about themselves from time to time.</td>
</tr>
<tr>
<td>Therapist says a word you were just about to use.</td>
<td>Therapist can read your thoughts.</td>
<td>The word was accessible from the context.</td>
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Can anyone contribute a short personal experience?
In the following exercises you will be shown different paintings. Please try to identify the correct title for each painting and rule out “misfits”.
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Discuss the *pros and cons* for each of the interpretations.
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Discuss the *pros and cons* for each of the interpretations.

Please also state the degree of confidence in your judgment.
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Discuss the *pros and cons* for each of the interpretations.

Please also state the degree of confidence in your judgment.

Pay special attention to features that clearly rule out one interpretation.
a. Confession of adultery  
b. Courtship  
c. Announcement of a relative’s death  
d. The flower seller
a. Confession of adultery
b. **Courtship** (Karl Zewy, 1896)
c. Announcement of a relative’s death
d. The flower seller
a. The monk
b. The drunkard
c. The reading chemist
d. The bookworm
a. The monk
b. The drunkard
c. The reading chemist
   (Johann Peter von Langer, 1756-1824)
d. The bookworm
a. Servants’ room
b. The imaginary invalid
c. The poor poet
d. Shelter for the homeless
a. Servants’ room
b. The imaginary invalid
c. The poor poet
   (Carl Spitzweg, 1835)
d. Shelter for the homeless
a. The evil witch
b. The gloating boy
c. The shoe thief
d. The admonition
a. The evil witch
b. The gloating boy
c. The shoe thief
d. The admonition (Ferdinand Georg Waldmüller, 1846)
a. The visit
b. Absorbed in studies
c. The poet
d. Grandfather’s library
a. The visit  (Carl Spitzweg, 1849)
b. Absorbed in studies
c. The poet
d. Grandfather’s library
optional: Video Clip

- optional: Video clip presentations that address today’s topic are available at the following website: http://www.uke.de/mct_videos

- After the video, you may discuss how it is related to today’s topic.

[for trainers: Some movie clips contain language that may not be appropriate for all audiences and across all cultures. Please carefully pre-screen videos before showing]
a. Facing the beast
b. The drunkard
c. Nightmare
d. Hunting accident
a. Facing the beast
b. The drunkard
c. Nightmare
d. Hunting accident

(Carl Spitzweg, 1839)
a. The binge
b. The Cossack-letter
c. Arm wrestling
d. Before the battle
a. The binge
b. The Cossack-letter (Ilja Jefimowitsch Repin, 1891)
c. Arm wrestling
d. Before the battle
a. Children’s birthday party
b. The scholar
c. Wanderer’s rest
d. The optician
a. Children’s birthday party
b. The scholar
c. Wanderer’s rest
d. The optician (Frederick Daniel Hardy, 1826-1911)
a. The poisoner of Salamanca
b. The water seller of Sevilla
c. Winetasting in Malaga
d. The alcoholic of Madrid
a. The poisoner of Salamanca
b. The water seller of Sevilla (Diego Velázquez, 1623)
c. Winetasting in Malaga
d. The alcoholic of Madrid
a. The cavalier
b. Walk on Sunday
c. The widower
d. Reviled lover
a. The cavalier
b. Walk on Sunday
c. The widower (Carl Spitzweg, 1844)
d. Reviled lover
a. The pedicure
b. The consultation
c. Amputation
d. The admirer
a. The pedicure
(Edgar Degas, 1873)
b. The consultation
c. Amputation
d. The admirer
a. The paper chase  b. The homeless

c. Illegal entry  d. The fruit thieves
a. The paper chase  
b. The homeless  
c. Illegal entry  
d. The fruit thieves (Hermann Kauffmann, 1848)
a. The harvest
b. Evening prayer
c. The funeral
d. Hedger
a. The harvest

b. Evening prayer
   (Jean-Fancois Millet, 1859)

c. The funeral

d. Hedger
a. The walk
b. Awaiting the fishing boat
c. The mourners
d. On the run
a. The walk
b. Awaiting the fishing boat  
   (Philip Lodewijk F. Sadée, 1837-1904)
c. The mourners
d. On the run
What is happening here?
The boy is a talented musician concentrating before his upcoming concert.

The boy hates to play violin but his parents force him to.

A blind boy wishes to be able to play the violin.

The boy has broken his father’s precious violin and is afraid to tell him.

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a. The love letter  
b. The evil neighbor  
c. Relocation  
d. The topographer
a. The love letter (Carl Spitzweg, 1860)
b. The evil neighbor
c. Relocation
d. The topographer
a. Corruption
b. The messiah
c. Land tax
d. Nobleman and buccaneer
a. Corruption
b. The messiah
c. Land tax (Tizian, 1524)
d. Nobleman and buccaneer
a. The drunken jerk  
b. Gossiping women  
c. Asking for a dance  
d. The funeral feast
(Peter Buamgartner, 1834-1911)

d. The funeral feast
a. Witnesses of a murder
b. The drama
c. At the movies
d. The fleeing bride
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b. The drama (Daumier Honoré, 1831/32)
c. At the movies
d. The fleeing bride
When judgments are important and momentous, it is better to avoid hasty decisions and consider all relevant information ("better safe than sorry").
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Example: A man is babbling: *is he drunk?*

Observe more closely: is the man coming from a bar or smelling of alcohol? *The man may be suffering from a language disorder after a stroke, or has a speech impairment.*
Module Jumping to Conclusions (7)
Transfer to everyday life

**Learning objectives:**

- When judgments are important and momentous, it is better to avoid hasty decisions and consider all relevant information (“better safe than sorry”).
- **Example:** A man is babbling: *is he drunk?*
- Observe more closely: is the man coming from a bar or smelling of alcohol? *The man may be suffering from a language disorder after a stroke, or has a speech impairment.*
- Remember that hasty decisions increase the risk of errors.
- For events of minor importance, we may as well act quickly (e.g. choosing a type of yogurt, type of cake).
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To err is human – be prepared for the possibility that you are wrong.
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- For events of minor importance, we may as well act quickly (e.g. choosing a type of yogurt, type of cake).
- To err is human – be prepared for the possibility that you are wrong.
- Base important decisions on solid facts. Mere guesses are “bad advisers.” Always consider the consequences of a wrong judgment.
What does this have to do with psychosis?

Many (but not all!) people with psychosis tend to jump to conclusions and form extreme judgments. This style of reasoning may be enhanced when one is under pressure and wants to let off steam.
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**Real example:** Elton wants to drive to university with his car but cannot find the keys. He thinks the caretaker has stolen his keys to stop him from driving to campus. **Background:** He is convinced that people at university want to expel him. **But:** Why should the caretaker be interested in expelling Elton from university? How did he come into possession of his keys? Is it possible that Elton misplaced his keys?
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**But:** Why should the caretaker be interested in expelling Elton from university? How did he come into possession of his keys? Is it possible that Elton misplaced his keys?

Before making serious accusations, you should collect information from as many sources as possible and discuss different explanations with people you trust.
for trainers:
Please hand out worksheets. Introduce our app “MCT & More” (download free of charge).

www.uke.de/mct_app
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<thead>
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<th>Source/Quelle</th>
<th>Picture Name/Name des Bildes</th>
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<th>Description/Kurzbeschreibung</th>
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<td>Gertrud K.</td>
<td>flickr</td>
<td>Der Hauptmann von Köpenick</td>
<td>CC</td>
<td>The captain of Köpenick/Hauptmann von Köpenick</td>
</tr>
<tr>
<td>miss_blackbutterfly</td>
<td>flickr</td>
<td>&quot;One thousand Americans stop smoking every day - by dying. They say Nicotine patches are great. Stick one over each eye and you can't find your cigarettes.&quot;</td>
<td>CC</td>
<td>Marlboro cigarette boxes/Marlboro Zigaretenschachteln</td>
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## Jumping to conclusions “in action”

### Urban legends

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<td>1. “Technological victory” in space travel competition with the Soviet Union, which had successfully launched a satellite into space earlier</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Distraction from the Vietnam-War</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. NASA itself faked the moon landing for fear of governmental budget cutback</td>
<td></td>
</tr>
<tr>
<td>Legend</td>
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### Jumping to conclusions “in action”

- **Urban legends**

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<td><strong>For:</strong></td>
<td><img src="image" alt="Moon Landing" /></td>
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1. **“Waving flag”: impossible because there is no atmosphere/weather on the moon**
2. Pictures of starless sky and varying shadows indicate a film studio production
3. In astronaut Armstrong’s radio message: He responds too quickly to president Nixon. Radio signals need more time to be transmitted to earth than it took Armstrong to answer

Legend

- Allegedly the moon landing in 1969 never took place and was merely a fake.
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<td><strong>Against:</strong></td>
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<tr>
<td>1. The waving of the flag was caused by ramming the pole into the moon’s surface and a supporting mounted crossbar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Night photographies cannot capture weak light sources due to exposure times → no stars</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. The varying shadows were caused by the uneven moon surface</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. The interview had been edited in order to cover the original time delay between Nixon’s and Armstrong’s dialog</td>
<td></td>
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Allegedly the moon landing in 1969 never took place and was merely a fake.
Was the moon landing faked by the US Government?

No!

Director Roland Emmerich (Independence Day): “The moon landing (...) was just too good. Such a thing was impossible to stage in the 1960s. Even with today’s equipment this would pose problems.”

Source: German television station ZDF: „Vorsicht Verschwörung“ (Beware conspiracy)
How did this urban legend and other conspiracy theories arise?
How did this urban legend and other conspiracy theories arise?

- They are often more compelling than reality.
- They are based on facts that are hard to check and people believe them easily (e.g., waving flag suggests that pictures were taken on earth).
- They conceal alternative explanations (e.g., the starless sky can be explained by the technical limitations of night photography).
- Urban legends take facts out of context and push them to the limit.