

Common *Logical Fallacies*

The brainy side of overcoming herpes. Learn to spot the ten reasoning errors that quietly keep you stuck, and the reframe that breaks each one.

Logical fallacies are mistakes in reasoning, mental shortcuts that skip over the facts. When you can spot them, you stop believing things about your diagnosis that simply are not true.

"I have herpes, so nobody will ever love me" is not a fact. It is a fallacy, a jump to a conclusion the evidence never supported.

The same goes for "I got herpes because I am a bad person." That is your mind blaming you for something that happens to millions of people. Naming the error is what disarms it. Below are the ten that show up most, each paired with the clearer thought that replaces it.

THE TEN FALLACIES

1 Strawman Argument MISREPRESENTATION

THE FAULTY THOUGHT

"Because I have herpes, that means I can't have a family in the future."

THE REFRAME

Having herpes does not define my worth or my future. It is a medical condition that I can manage.

2 Ad Hominem PERSONAL ATTACK

THE FAULTY THOUGHT

"I've always been careless and reckless. Getting herpes is a testament to my failure."

THE REFRAME

Getting herpes does not reflect on my character or value. Many people live with herpes and lead fulfilling lives.

3 Appeal to Authority BORROWED OPINION

THE FAULTY THOUGHT

"My favorite blogger said that people with herpes are careless, so I must be careless."

THE REFRAME

I will rely on scientific research and medical professionals for advice on managing herpes, not unverified opinions.

4 Slippery Slope CATASTROPHIZING

THE FAULTY THOUGHT

"Now that I have herpes, I'll be rejected by all potential partners, and I'll never get married."

THE REFRAME

Having herpes is a part of my life, not the end of it. I can have healthy relationships and a successful life while managing this condition.

5 False Dilemma FALSE CHOICE

THE FAULTY THOUGHT

"With herpes, I either have to live in constant shame or never date again."

THE REFRAME

I can choose to educate myself and others about herpes, and advocate for acceptance and understanding.

6 Circular Argument SELF-CONFIRMING LOOP

THE FAULTY THOUGHT

"I must be unclean because I have herpes, and having herpes is a sign of being unclean."

THE REFRAME

Having herpes doesn't label me as unclean or a failure. It is a health condition that many people manage.

7 Hasty Generalization OVER-GENERALIZING

THE FAULTY THOUGHT

"I had a terrible outbreak when I was first diagnosed, so all my outbreaks are going to be this bad."

THE REFRAME

Everyone's reaction to herpes can vary. I'll focus on communicating honestly and openly about my condition when appropriate.

8 Red Herring DISTRACTION

THE FAULTY THOUGHT

"I need to manage my herpes, but all I can think about is the stigma associated with it."

THE REFRAME

I'll concentrate on taking care of myself and managing my condition, rather than obsessing over societal stigma.

9 Post Hoc Ergo Propter Hoc MISATTRIBUTED CAUSE

THE FAULTY THOUGHT

"I got diagnosed with herpes around the same time I lost my job, so the stress from herpes must have caused my job loss."

THE REFRAME

Multiple factors affect my life. I won't blame all my problems on my herpes diagnosis.

10 Tu Quoque DEFLECTION

THE FAULTY THOUGHT

"How can I tell my friends to get tested regularly when I didn't do it myself before getting diagnosed?"

THE REFRAME

My past actions don't have to dictate my future. I can encourage others to get tested, and strive to make better decisions going forward.

No one is hopeless and no one is helpless.