

# COGNITIVE DISTORTIONS



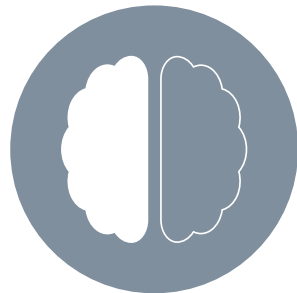
## FORTUNE TELLING

PREDICTING THAT A SITUATION WILL TURN OUT BADLY WITHOUT ADEQUATE EVIDENCE.



## EMOTIONAL REASONING

BELIEVING YOUR THOUGHTS MUST BE TRUE BECAUSE YOU FEEL A CERTAIN WAY.



## ALL OR NOTHING THINKING

THINKING IN ABSOLUTE TERMS SUCH AS ALL GOOD OR ALL BAD, WITH NOTHING IN BETWEEN.



## LABELING

ASSIGNING A LABEL TO YOURSELF OR OTHERS BASED ON A SINGLE EXPERIENCE OR CHARACTERISTIC.



## MENTAL FILTER

FOCUSING ON THE NEGATIVES IN A SITUATION AND IGNORING THE POSITIVES.



## JUST WORLD THINKING

ASSUMING THAT EVERYONE AND EVERYTHING IS BALANCED AND JUDGED FAIRLY.



## SHOULD STATEMENTS

BELIEVING THAT THINGS 'SHOULD' OR 'MUST' BE A CERTAIN WAY.



## CATASTROPHIZING

PREDICTING THE WORST POSSIBLE OUTCOME OF A FUTURE EVENT BASED ON LITTLE OR NO EVIDENCE.



## MIND-READING

JUMPING TO CONCLUSIONS ABOUT SOMEONE'S THOUGHTS, FEELINGS OR BEHAVIORS.



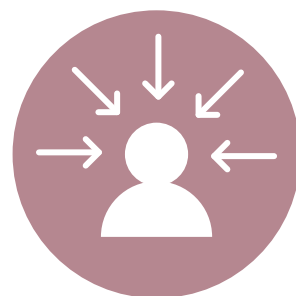
## DISCOUNTING THE POSITIVE

DISREGARDING THE POSITIVES IN A SITUATION.



## MAGICAL THINKING

BELIEVING THAT ACTIONS WILL INFLUENCE UNRELATED SITUATIONS.



## PERSONALIZATION

FEELING PERSONALLY RESPONSIBLE FOR THE ACTIONS OF OTHERS AND EVENTS THAT ARE OUTSIDE OF YOUR CONTROL.



## MINIMIZING

MINIMIZING THE SIGNIFICANCE OR IMPORTANCE OF EVENTS AND SITUATIONS.



## FALLACY OF CHANGE

BELIEVING OTHERS NEED TO CHANGE THEIR BEHAVIOR IN ORDER FOR YOU TO BE HAPPY.



## BLAMING

BLAMING YOURSELF OR OTHERS FOR PROBLEMS OR MISTAKES THAT ARE NOT IN THEIR CONTROL.



## OVERGENERALIZATION

MAKING BROAD ASSUMPTIONS BASED ON A SINGLE OR FEW EVENTS.

# 15 COGNITIVE DISTORTIONS

15 Common Cognitive Distortions that Influence Your Thinking Patterns



## 1. POLARIZED THINKING

When you have an "All-or-Nothing," or "Black and White" thinking pattern. Desire to be perfect or you are a complete failure.



## 2. MENTAL FILTERING

### NEGATIVE MENTAL FILTERING

Focuses on negatives of a situation and filters out positives. Negative details are magnified.

### DISQUALIFYING THE POSITIVE

Acknowledges positives but refuses to accept it. Finds excuses to turn it into a negative one.



## 3. OVERGENERALIZATION

Focuses on a single event and makes a conclusion based on a single piece of negative evidence. Incorrectly conclude all similar events going forward will result in the same negative experience.



## 4. JUMPING TO CONCLUSIONS

### MIND READING

Know what others are thinking. Assumptions of their intentions occur with no evidence.

### FORTUNE TELLING

Make conclusions and predictions with no evidence and can have negative outcomes.



## 5. CATASTROPHIZING

### MAGNIFICATION

Over exaggeration, which leads to worries escalating to the worst-case scenario.

### MINIMIZATION

Minimizing positive experiences. The importance of positive qualities is diminished.



## 6. PERSONALIZATION

Takes things personally, which causes a direct and personal reaction to what others do or say, even if it is unrelated. Assuming you have been intentionally excluded or targeted.



## 7. BLAMING

Blaming others, playing a victim role, and holding others responsible for their pain. Blame is external rather than blaming themselves or taking some responsibility.



## 8. LABELING

Assign judgment to yourself or others based on one negative incident. Instead of recognizing you or others made a mistake, you attach a label that is exaggerated and solely based on the single incident.



## 9. ALWAYS BEING RIGHT

Always have the need to be right. Internalize opinions as facts and will put others on trial to prove their opinions or actions are correct. Will go to great lengths to demonstrate their belief.



## 10. SHOULD STATEMENTS

"Should" do, "must" do, or "shouldn't" do statements are enforced on themselves or others. These rules create a lot of pressure, imposing a set of expectations that is not likely to be met.



## 11. EMOTIONAL REASONING

Any feeling must be true in their mind. The emotion is accepted as fact because all logical reasoning is blocked out. Incorrectly assumes the negative feeling is the only truth.



## 12. CONTROL FALLACIES

### EXTERNAL CONTROL FALLACY

Life is completely controlled by external factors. Creates a feeling of no control of the situation.

### INTERNAL CONTROL FALLACY

Has control of themselves and their surroundings. Responsible for the pain & happiness of others.



## 13. FALLACY OF CHANGE

Others should change to suit your interests. Pressure others to change because you feel the change will bring happiness. Convinced the happiness is dependent on the person changing.



## 14. FALLACY OF FAIRNESS

All things in life should be based on fairness and equality. In reality, not all things work out the way we expect them to, which leads to feelings of anger and resentment towards those things in life.



## 15. HEAVEN'S REWARD FALLACY

Rewarded based on how hard you work. Will be disappointed because most things in reality are not fair. This leads to feelings of frustration, anger, and resentment.