

Cognitive Distortions

1. **All-or-Nothing Thinking:** Viewing situations on one extreme or another instead of on a continuum.
Ex. "If my child does bad things, it's because I am a bad parent."
2. **Catastrophizing:** Predicting only negative outcomes for the future.
Ex. "If I fail my final, my life will be over."
3. **Disqualifying or Discounting the Positive:** Telling yourself that the good things that happen to you don't count.
Ex. "My daughter told her friend that I was the best Dad in the world, but I'm sure she was just being nice."
4. **Emotional Reasoning:** Feeling about something overrules facts to the contrary.
Ex. "Even though Steve is here at work late everyday, I know I work harder than anyone else at my job."
5. **Labeling:** Giving someone or something a label without finding out more about it/them.
Ex. "My daughter would never do anything I disapproved of."
6. **Magnification/Minimization:** Emphasizing the negative or downplaying the positive of a situation.
Ex. "My professor said he made some corrections on my paper, so I know I'll probably fail the class."
7. **Mental Filter/Tunnel Vision:** Placing all your attention on the negatives of a situation or seeing only the negatives of a situation..
Ex. "My husband says he wished I was better at housekeeping, so I must be a lousy wife."
EX. "My daughter's boyfriend got suspended from school. He's a loser and won't ever amount to anything."
8. **Mind Reading:** Believing you know what others are thinking.
Ex. "My house was dirty when my friends came over, so I know they think I'm a slob."
9. **Overgeneralization:** Making an overall negative conclusion beyond the current situation.
Ex. "My husband didn't kiss me when he came home this evening. Maybe he doesn't love me anymore."
10. **Personalization:** Thinking the negative behavior of others has something to do with you.
Ex. "My daughter has been pretty quiet today. I wonder what I did to upset her."
11. **"Should" and "Must" Statements:** Having a concrete idea of how people should behave.
Ex. "I should get all A's to be a good student."