

15 TYPES OF DISTORTED THINKING

1. **Filtering:** Only negative details are taken and magnified while all positive aspects of the situation are ignored.
2. **Polarized Thinking:** Things are black or white, good or bad. There is no middle ground. People must be perfect or they are failures.
3. **Overgeneralization:** A general conclusion is drawn from a single incident or piece of evidence. If something bad happens once, it is expected to happen again and again.
4. **Mind Reading:** Without verbal communication, the person knows what others are feeling or thinking and why they behave the way they do.
5. **Catastrophizing:** Terrible circumstances are anticipated without evidence to validate them. The person learns of a situation and begins to think, "What if tragedy strikes?" or "What if it happens to me?"
6. **Personalization:** One believes that everything people do or say is somehow a reaction to them. They also compare themselves to others.
7. **Fallacy of Control:**
 - o **External Control Fallacy:** Occurs when a person feels externally controlled, sees themselves as helpless, like a victim of fate.
 - o **Internal Control Fallacy:** Makes the person responsible for the happiness or suffering of those around them. The person sees themselves as the cause of some external negative event they were not actually responsible for.
8. **Fallacy of Fairness:** The person is resentful because they think they know what is fair, but others do not agree.
9. **Emotional Reasoning:** It is the belief that what one feels must be true. The problem with emotional reasoning is that emotions themselves have no validity because they are not objective and are not based on sustainable facts. They are the product of thoughts that may be distorted, and irrational emotions reflect this distortion.
10. **Fallacy of Change:** A person expects others to change if they influence, persuade, or flatter them enough. They need others to change because their hopes for happiness seem to depend entirely on it.
11. **Global Labeling:** Putting a label on a person, making a global judgment based on one or two factors, e.g., "You're clumsy," "You're selfish." The label ignores all contrary evidence, making the person's view of the world stereotyped and one-dimensional.
12. **Blame:** There is always someone to blame, and recognizing it brings a kind of relief. People may focus on either the guilt of others or their own guilt. Often, blame implies that someone else is responsible for choices and decisions we are truly responsible for. Thus, someone is always doing something against another, and the latter does not take responsibility for expressing their needs.
13. **Shoulds:** This distortion involves rigid rules that should govern the behavior and relationships of all people. These rules are seen as correct and indisputable. As a result, the person often acts as judge and executioner. They get irritated because they think others should know "the rules" and follow them. Sometimes the person also suffers when they cannot comply with one of these "rules," thinking they "should do it" without questioning the validity of the rules or whether they make sense.
14. **Being Right:** There is a constant need to prove that one's point of view is correct, that their understanding of the world is accurate, and their actions are appropriate. The person believes they are never wrong. They find it hard to change because they reject any information that contradicts their thinking style. They are not interested in the possible truth of information different from theirs.
15. **Heaven's Reward Fallacy:** In this worldview, the person behaves "correctly" in anticipation of a reward. They sacrifice and work until they are exhausted, imagining that they are collecting angelic points that will be recognized someday.