

Union of Saints

Comprehensive List of Cognitive Distortions

A Reference for Clarity, Authority, and Self-Trust

Cognitive distortions are **learned patterns of thought** that misrepresent reality, increase distress, and weaken personal authority. They are habits of perception, not character flaws.

CORE COGNITIVE DISTORTIONS (CBT Canon)

1. All-or-Nothing Thinking (Black-and-White Thinking)

Seeing only extremes, no middle ground.

2. Overgeneralization

One event becomes a permanent rule.

3. Mental Filter

Focusing only on negatives, ignoring the whole picture.

4. Disqualifying the Positive

Positive experiences are dismissed as meaningless.

5. Jumping to Conclusions

Assuming outcomes or thoughts without evidence.

- **Mind Reading**
- **Fortune Telling**

6. Catastrophizing

Expecting disaster from uncertainty or mistakes.

7. Emotional Reasoning

Assuming feelings equal facts.

8. “Should” Statements

Turning preferences into rigid moral rules.

9. Personalization

Taking responsibility for things outside your control.

10. Blaming

Assigning all responsibility externally.

11. Labeling

Reducing a person to a single trait or mistake.

12. Magnification (Maximizing)

Exaggerating problems or flaws.

13. Minimization

Downplaying harm, needs, or strengths.

CONTROL & RESPONSIBILITY DISTORTIONS

14. Control Fallacy (External)

Belief you have no agency.

15. Control Fallacy (Internal)

Belief you are responsible for everything.

16. Responsibility Inflation

Feeling over-responsible for others' emotions or outcomes.

17. Guilt Distortion

Feeling guilty without wrongdoing.

VALUE, FAIRNESS & MORAL DISTORTIONS

18. Fairness Fallacy

Believing life must conform to your idea of fairness.

19. Heaven's Reward Fallacy

Believing suffering will automatically be rewarded.

20. Moral Perfectionism

Believing you must always act "correctly."

21. Self-Sacrifice Distortion

Believing your needs matter less than others'.

RELATIONAL & SOCIAL DISTORTIONS

22. Fallacy of Change

Believing others must change for you to be okay.

23. Approval Dependency

Basing worth on others' acceptance.

24. Mind-Control Distortion

Believing you must control how others feel or think.

25. Social Comparison Distortion

Measuring worth against others.

26. Hostile Attribution Bias

Assuming negative intent where none is proven.

TIME, ENERGY & PRODUCTIVITY DISTORTIONS

(Especially reinforced in American culture)

27. Productivity = Worth

Believing value comes from output.

28. Urgency Distortion

Assuming everything requires immediate action.

29. Availability Distortion

Believing you must always be reachable.

30. Rest Guilt

Believing rest must be earned.

TRAUMA-RELATED COGNITIVE DISTORTIONS

31. Hypervigilance Bias

Constantly scanning for threat.

32. Catastrophic Safety Beliefs

Believing danger is always imminent.

33. Learned Helplessness

Belief that effort will not change outcomes.

34. Negative Core Beliefs

“I am unsafe.”

“I am unworthy.”

“I am powerless.”

IDENTITY & SELF-CONCEPT DISTORTIONS

35. Fixed Identity Beliefs

Believing you cannot change.

36. Impostor Syndrome

Believing success is accidental or fraudulent.

37. Shame-Based Identity

Defining self by perceived defect.

META-DISTORTIONS (DISTORTIONS ABOUT THINKING)

38. Thought-Action Fusion

Believing thinking something is the same as doing it.

39. Certainty Bias

Believing you must be 100% sure before acting.

40. Intolerance of Uncertainty

Believing uncertainty itself is dangerous.

UNION OF SAINTS CLOSING FRAME

Cognitive distortions are **not sins!** They are **protective strategies** that stayed too long.

Awareness restores:

- Choice
- Calm
- Authority
- Dignity

You are allowed to question your thoughts, and rest. You are allowed to decide.

US teaches therapy as a form of faith-based learning.

We could all benefit from a little therapy <3
