

## **Cognitive Distortions:** Thoughts that seem logical yet are irrational and instigate thought processes that lead to socially and psychologically destructive behavior.

1. **All or Nothing Thinking:** You see things in black and white categories. Small setbacks are seen as total failures.
2. **Overgeneralization:** A single negative event becomes a never ending pattern of defeat. Phrases often used are “you always” or “You never.”
3. **Filtering:** Picking out a single negative detail or word and allowing this to take over your thought process.
4. **Disqualifying the Positive:** Rejecting positive experiences and insisting that these “don’t count” or were exceptions that are irrelevant to a current thought process.
5. **Jumping to Conclusions:** Making a negative interpretation without gathering concrete facts that convincingly support formed and erroneous conclusions.
  - a. **Mind Reading:** Arbitrarily concluding that someone else is reacting to you negatively.
  - b. **Fortunetelling:** Anticipating that events will turn out badly without concrete evidence that supports ones current thought process.
6. **Catastrophizing and Minimizing:** Exaggerating and/or minimizing the importance of events, behavior, or interactions.
7. **Emotional Reasoning:** Allowing negative emotions to “color” how one sees the world
8. **Should Statements:** Overuse of the terms “should,” “shouldn’t,” and “must” to justify thoughts and/or behaviors.
9. **Personalizing:** Seeing oneself as the cause of a negative external event (e.g. another individuals behavior, thought, or emotion), which one had little to no involvement and/or responsibility for.