

15 Common Cognitive Distortions



Catastrophizing

Believing that the worst possible outcome will happen, and thinking it's the only outcome.



"Should" Statements

Focusing on how you believe things 'should' or 'must' be, rather than how it is.



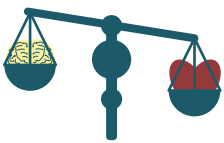
Magnification

Exaggerating a mistake, or a negative quality in yourself.



Minimization

Seeing your strengths and achievements as small and unimportant.



Emotional Reasoning

Believing that because you feel something, it must be true.



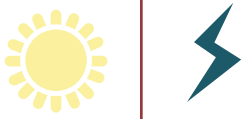
Mental Filter

Focusing on only one aspect of a situation (often negative) while ignoring the rest (often positive).



Disqualify The Positive

A common mental filter where you dismiss the positive because you believe it doesn't count.



Black And White Thinking aka All-Or-Nothing Thinking

Seeing things as either all good OR all bad. It's either one extreme or the other, there are no gray areas.



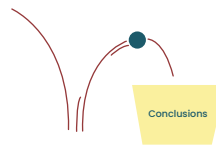
Personalization

Blaming yourself unnecessarily for external negative events, even when you may only be partly responsible or not responsible at all.



Blaming

This is the opposite of personalization. Taking zero responsibility for your role in a situation, putting all blame on someone or something else.



Jumping To Conclusions

Making a conclusion or assumption without knowing if there is evidence to support it.



Mind Reading

A type of jumping to conclusions where you assume you know what someone else is thinking.



Fortune Telling

A type of jumping to conclusions where you make predictions about what is going to happen in the future.



Overgeneralization

Taking a single negative event, and assigning it to all current or future situations.



Labeling

Assigning a label to yourself or others based on behavior in a specific situation.