

Heart of Amber Therapy

Cognitive Distortions



What are Cognitive Distortions?

Cognitive distortions are irrational or biased thought patterns that can negatively influence a person's emotions and behaviors. These distortions often lead individuals to perceive situations in a skewed way, contributing to anxiety, depression, and other psychological issues.

How do I know what my cognitive distortions are?

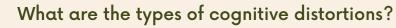
Assessing for cognitive distortions can involve a few key steps:



Thought Log

Categorizing Thoughts

Challenge Thoughts



🐙 Emotional Reasoning

Interpreting feelings as facts. I.e. "I feel like I'm a bad friend, so I must be a bad friend."

Fortune Telling

Predicting future events or outcomes. This may present as an expectation that something will turn out badly.

Mall or Nothing Thinking

Seeing things in extereme terms without any middle ground.

Personalizing

Attributing external events to yourself, believing you are the cause of negative outcomes or events that are actually outside of your control.

Disqualifying Positives

Dismissing or overlooking positive experiences, achievements, or compliments. I.e. "I got a 95 on my test but I still got 3 wrong."

Magical Thinking

Belief that your thoughts, wishes, or actions can influence unrelated events or outcomes in ways that defy logical reasoning.

Mind Reading

Assuming you know what others are thinking or feeling without any actual evidence.

Should's

Imposing unrealistic or rigid expectations on oneself or others. I.e. "I should be doing more."

Magnifying or Minimizing

When you exaggerate or downplaying aspects of a situation. I.e. making an error at work and believing you will be fired; or receiving praise for something and not believing what your being praised for is 'not a big deal.'

Catastrophizing

Anticipating the worst possible outcome in a situation, often exaggerating the severity of potential consequences.



Remember:

We can't control what thoughts we get; just what we do with them when we get them!

