



COGNITIVE DISTORTIONS

- **All or Nothing Thinking:** You look at things in absolute black and white categories, not shades of grey.
- **Overgeneralization:** You view a negative event as never ending pattern of defeat, it may not happen 100% of the time.
- **Mental Filter:** You dwell on the negatives and ignore the positives.
- **Discounting the Positive:** You insist that your positive accomplishments or positive qualities, “don’t count”.
- **Jumping to Conclusions:**
 - (a) **Mindreading:** you arbitrarily assume that people are reacting negatively to you although there is no direct evidence, or,
 - (b) **Fortune Telling:** you predict things will turn out badly.
- **Magnification or Minimization:** You blow things way out of proportion or you shrink their importance inappropriately.
- **Emotional Reasoning:** You reason how you feel, “I feel like an idiot therefore I must be one”, or, “I don’t feel like doing this so I’ll put it off”.
- **Should Statements:** You criticize others with your “should’s”, “shouldnt’s”, “must’s”, “oughtas”, “have to’s”, “would have’s”, and other critical language.
- **Labeling:** You identify with your shortcomings. Instead of saying, “I made a mistake”, you tell yourself, “I’m a jerk”, “a loser”, “a fool”, etc.
- **Personalization and Blame:** You blame yourself for something you are not entirely responsible for, or you blame others and overlook ways that your own attitudes and behaviours might contribute to the problem,