

Cognitive Distortions



LABELING

Instead of describing your error or the circumstance, you attach a negative label to yourself:



DISQUALIFYING THE POSITIVE

Discounting or rejecting the positive experiences which maintains a negative belief about yourself.



MIND READING

Assuming or concluding what someone else may be thinking without taking into account any factual evidence.



ALL-OR-NOTHING THINKING

Perceiving or thinking of things only in extreme opposites.



OVERGENERALIZATION

Experiencing a single negative event and then expecting the same result to continuously occur in all future experiences.



MENTAL FILTER

Focusing on only the negative aspects of an experience, and filtering out any positive ones.



FORTUNE-TELLING

Anticipating that your idea of future plans and experiences will turn out badly, and convincing yourself that your prediction is factual.



MAGNIFICATION (CATASTROPHIZING)

Expecting the absolute worse case scenario to happen.



EMOTIONAL REASONING

Assuming that the negative emotions you feel about yourself or a scenario are completely true.



PERSONALIZATION

Seeing yourself as the problem or cause to a negative event, when in reality you were actually not responsible.



SHOULD STATEMENTS

Using statements that showcase how you "should" think, act and feel which creates feelings of doubt, guilt, and shame.