

## **Cognitive Distortions**

**All Or Nothing Thinking:** black and white categories.

**Over Generalization:** You see a single negative event as a never-ending pattern.

**Mental Filter:** You pick out a single negative detail and dwell on it exclusively.

**Disqualifying the Positive:** By rejecting positive experiences because they "don't count," you maintain a negative belief despite your everyday experiences.

**Jumping to Conclusions:** A negative interpretation even though there are no definite facts that convincingly support your conclusion.

**Mind Reading:** You arbitrarily conclude that somebody is reacting negatively to you, and you don't bother to check this out.

**The Fortuneteller Error:** Anticipating that things will turn out badly, convinced that your prediction is an already established fact.

**Magnification/Minimization:** To exaggerate or inappropriately shrink the importance of things until they appear tiny/huge. AKA the "binocular trick."

**Emotional Reasoning:** Assuming that my negative emotions necessarily reflect the way things really are: "I feel it, therefore, it must be true."

**"Should" Statements:** Attempt to motivate myself with should & shouldn't; must & ought. The emotional consequence is guilt. When I direct "should" statements towards others, I feel anger, frustration and resentment.

**Judging:** An extreme form of over generalization, describing an event with language that is highly colored and emotionally loaded.