

Cognitive Distortions

Self-Centered

All or Nothing Thinking

- A.k.a. black-and-white thinking/polarized thinking
- Assuming something is either all good or all bad
- Thinking in extremes, either you are great at something or you are a failure

Gratitude traps

- Designed to make people feel indebted to another person excessive or inappropriate kindness

Mind Reading

- Assuming what other people are thinking

Labeling

- Generalizing characteristics to someone

Fortune-Telling

- Making predictions about the future (usually negative)

Should/Shouldn't and must statements

- Feeling obligated to do something

Emotional Reasoning

- Thinking of our emotions as truth or fact

Jumping to Conclusions

- Coming to a conclusion with little or no evidence to support

Blaming Others

The opposite of personalization. When things go wrong, it is always someone else's fault.

Always being right

- Putting an individual's interests over the other person's feelings, having to prove oneself right in every situation.

Fallacy of change

- Believing that other people need to change to meet our needs or make us happy.

Minimizing-Mislabeling

Giving less weight to positive things and greater weight to negative. Sometimes known as "making a mountain out of a molehill."

Magnification and minimization

- Catastrophizing is a form of magnification—overgeneralizing one incident to the worst possible outcome.

Labeling and mislabeling

- Taking one action or behavior and labeling a person with it.

Assuming the Worst

Overgeneralizing

- Drawing broad conclusions from a single event. Uses "always" and "never" often.

Disqualifying the Positive

- Rejecting positive events and experiences.

Mental Filtering

- Dwelling on the negative and eliminating the positive.

