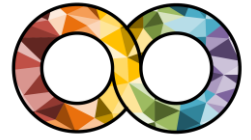


Cognitive Distortions

Cognitive distortions are irrational thoughts that affect how we respond to certain situations, make us misinterpret actions or statements made by others, and can influence our feelings and emotions.

We all experience cognitive distortions, but in their extreme forms they can be harmful.

This is a list of some common cognitive distortions, and examples of what they might look like in our everyday thoughts.



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DISTORTION	EXAMPLE	Use this section to record your own examples
<p>Overgeneralization You make a sweeping negative conclusion that goes far beyond the current situation.</p>	<p>"(Because I feel uncomfortable in class) I don't have what it takes to make friends."</p>	
<p>Labeling You put a fixed, global label on yourself or others ignoring evidence for a less disastrous conclusion.</p>	<p>"I'm a loser. He's no good."</p>	
<p>All-or-nothing thinking You view a situation in only two categories instead of on a continuum.</p>	<p>"If I'm not a total success, I'm a failure."</p>	
<p>Personalization You believe negative behaviour of others is because of you, without considering more likely explanations.</p>	<p>"The sales person was short with me because I did something wrong."</p>	
<p>Magnification/minimization You unreasonably magnify negative (minimize positive) when evaluating self (evaluating others).</p>	<p>"Getting an average grade proves how inadequate I am. High marks don't mean I'm smart."</p>	
<p>Catastrophizing You predict the future negatively without considering other, more likely outcomes.</p>	<p>"I'll be so upset, I won't be able to function at all."</p>	
<p>"Should" / "must" statements You have a precise, fixed idea of ideal behaviour, and overestimate implications if not followed.</p>	<p>"It's terrible I made a mistake. I should always do my best."</p>	
<p>Mental filter You pay undue attention to one negative detail instead of seeing the whole picture.</p>	<p>"Because I got one low rating on my report [which also had high ratings] it means I'm failing school."</p>	
<p>Disqualifying or discounting the positive You unreasonably tell yourself that positive things do not count.</p>	<p>"I did that test well, but that doesn't mean I'm competent; I just got lucky."</p>	
<p>Tunnel vision You only see the negative aspects of a situation.</p>	<p>"My teacher can't do anything right; critical, insensitive and lousy at teaching."</p>	
<p>Mind reading You believe you know what others are thinking, failing to consider other possibilities.</p>	<p>"He thinks I don't know the first thing about this assignment."</p>	
<p>Emotional reasoning You think something must be true because you feel it so strongly, ignoring evidence to the contrary.</p>	<p>"I know I do a lot of things okay at school, but I still feel like I'm a failure."</p>	