

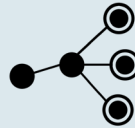
# 10 Cognitive Distortions

*(changing unhealthy thought patterns)*



## Polarized Thinking:

Involves habitually thinking in extremes such as good/bad, right/wrong, success/failure.



## Overgeneralization:

Drawing a conclusion about one event and then incorrectly applying that conclusion to other situations.



## Mental Filter:

Focusing on a single negative piece of information and excluding all positive ones.



## Disqualifying the Positive:

Acknowledging positive experiences and feedback, but rejecting or minimizing them.



## Personalization:

Assigning personal blame disproportionate to the level of control a person realistically has in a given situation.



## Jumping to Conclusions:

Drawing conclusions with little evidence (e.g. mind reading or fortune-telling).



## Magnification/Minimization:

Giving too much weight to something negative, too little weight to something positive, or assuming the worst-case scenario.



## Emotional Reasoning:

Assuming that feelings expose the true nature of things.



## Making "Must" or "Should" Statements:

Expecting people or the world to be different than it is.



## Labeling:

Reducing oneself or others to a single (usually negative) characteristic or descriptor.