Cognitive Distortions

Dichotomous Thinking - All or nothing thinking

> I ate an extra snack, so I blew my whole diet.

Catastrophizing - Predicting the future in negative terms

> I won't be able to do it and I can't handle that.

Discounting The Positive - The disqualification of positive experiences/events.

> I was only successful because I got lucky. That burger I made was good, but anyone could make it.

Emotional Reasoning - The belief that emotions are a reflection of reality, which impacts my decision making and judgment.

> I am scared of public bathrooms, which means they are dangerous.

Labeling - A fixed determination, which tends to be negative, on yourself and/or others.

> I am an idiot.

Magnification / Minimization - Amplifying the negative outcomes, while minimizing the positive outcomes.

> I dropped my bookbag in front of the whole school, which shows how much of a loser I am. I was picked as captain of my team, but that doesn't mean I am a leader.

Selective Abstraction - Missing the big picture and getting lost in the details - Getting lost in the weeds.

> My teacher told me my paper was great, but because there is so much red marker, he most not really have liked it.

Mind Reading - The assumption that you know the thoughts or intentions of someone else.

> They think I am ugly (without anyone ever saything it to you)

Overgeneralization - Anecdotal information leads you to apply a general rule more widely than it should be

> Everytime I leave a dish in the sink you yell at me.

Personalizing - The assumption that another person's actions or an external event are directed towards me without considering that there could be another explanation.

> That person was disrespectful because they didn't wave back to me (without considering that they may not have seen you wave to them)

Should Statements - The belief that a certain event, someone's attitude, a certain behavior should be what I expect as opposed to something different.

> That person should have dated me instead of my friend.

Jumping To Conclusions - Drawing conclusions with little or no evidence

> They way she looked at me, I knew she thought it was my fault.

Blaming - One's attention is focused on others as the source of a negative emotion, rather than looking internally. Conversely, blaming could also take the form of taking personal blame when it is not one's fault

> My parents are the reason I can never be happy. It is my fault that I got laid off during COVID even though 80% of my team got laid off as well.

Unfair Comparisons - Comparison between oneself and another, which leads the individual to feel "less than" or in a disadvantageous spot.

> I am a failure because my friend makes so much more money than I do.

What If? - Continued, ungrounded worry or sadness that something bad could happen.

> What if I get fired?