

# **Cognitive Distortions**

**All-or-nothing thinking – evaluation of personal qualities and events in terms of black-and-white categories**

**Overgeneralization – changing a single negative event into an endless pattern of misfortune and defeat**

**Catastrophizing – turning small personal flaws, minor negative experiences or mistakes into major tragedies**

**Minimizing – belittling of personal strengths, abilities and accomplishments (look out for magnifying other people’s abilities and then making comparisons)**

**Fortune Telling – making a negative prediction and then convincing yourself it is an established fact**

**Mind Reading – assuming that you know what other people are thinking and feeling with little or no evidence to support the assumption and no attempts to confirm or deny that belief (large reason for relationship conflict)**

**Personalization – assuming responsibility for a negative event when there is no basis**

**Emotional Reasoning – using emotions as objective evidence of a truth or to validate a belief or thought (“feeling as fact”)**

**Mental Filter – seeing only the negative and screening out the positive**

**Labeling – instead of acknowledging a mistake, labeling yourself or others negatively**