



Cognitive Distortions

What distortions do you have?

- **Filtering-** Ignoring good things in the day and focus on the negative only.
- **Polarized Thinking-** Things are black or white. Complete success or failure.
- **Over generalization-** Use one moment as the outcome for all similar situations.
- **Jumping to conclusions-** Making assumptions without evidence.
- **Catastrophic Thinking-** Assuming the worst will happen based on one incidence.
- **Personalization-** Thinking that everything you do has an effect on something. A belief in a persons over importance in causing good or bad things to happen.
- **Control fallacies-** A belief in complete control or no control in one's life.
- **Fallacy of fairness-** A belief that life should always be fair and being frustrated and unhappy because their life is not fair.
- **Blaming-** Blame other or situations for the way we feel. Should is when we have a strict rigid idea of what is right and wanting others to follow our rules and feeling over guilty when we break our own rules.
- **Emotional reasoning-** When we always believe our feelings as the truth.
- **Fallacy of change-** Believing that other people and situations should change to suit us.
- **Global labeling-** When we assign the same label to all persons or situations according to a few traits from another person or situation that did something or occurred
- **Always being right-** When a person must always be right no matter what. Being wrong is unacceptable even at the expense of others feelings.
- **Heavens reward fallacy-** A belief that ever sacrifice will grant a reward later. Then becoming bitter when the reward doesn't come.

What mental distortions do you use and how does this distortion effect your life?
