

Cognitive distortions are irrational thoughts that can influence your emotions. Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful.



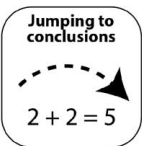
Magnification (Catastrophizing) and Minimization: Exaggerating or minimizing the importance of events. One might believe their own achievements are unimportant, or that their mistakes are excessively important. Seeing only the worst possible outcomes of a situation.



Overgeneralization: Making broad interpretations from a single or few events. "I felt awkward during my job interview. I am *always* so awkward."



Personalization: The belief that one is responsible for events outside of their own control. Conversely, blaming other people for something that was your fault.



Jumping to Conclusions: Interpreting the meaning of a situation with little or no evidence. There are two key types of jumping to conclusions:

1. **Mind Reading:** Interpreting the thoughts and beliefs of others without adequate evidence. "She would not go on a date with me. She probably thinks I'm ugly."
2. **Fortune Telling:** The expectation that a situation will turn out badly without adequate evidence.



Emotional Reasoning: The assumption that emotions reflect the way things really are. "I feel like a bad friend, therefore I must be a bad friend."



Disqualifying the Positive: Recognizing only the negative aspects of a situation while ignoring the positive. One might receive many compliments on an evaluation, but focus on the single piece of negative feedback.



"Should" Statements: The belief that things should be a certain way. "I should always be friendly." Using critical words like 'should', 'must', or 'ought' can make us feel guilty or like we have already failed.



All-or-Nothing Thinking: Thinking in absolutes such as "always", "never", or "every". "I *never* do a good enough job on anything."



Mental Filter: Only paying attention to certain types of evidence. *Noticing our failures but not seeing our successes.*



Labelling: Assigning labels to ourselves or other people. I'm a loser, I'm completely useless, They're such an idiot.