

Identifying & Challenging Cognitive Distortions

1. All-or-Nothing Thinking - Seeing things in black-and-white terms (e.g., 'If I fail, I am a total failure').
2. Overgeneralization - Believing that one negative event means everything will always go wrong.
3. Mental Filtering - Focusing only on the negatives while ignoring the positives.
4. Discounting the Positive - Minimizing or dismissing your achievements and positive experiences.
5. Jumping to Conclusions - Assuming the worst without evidence (mind reading, fortune telling).
6. Catastrophizing - Blowing situations out of proportion and expecting disaster.
7. Emotional Reasoning - Assuming feelings dictate reality (e.g., 'I feel useless, so I must be useless').
8. Should Statements - Setting unrealistic expectations ('I should always be perfect').
9. Labeling - Defining yourself or others with broad, negative labels ('I'm a failure').
10. Personalization - Taking responsibility for things outside of your control.