Cognitive Distortions

Cognitive distortions are 'thinking errors' that all people prone to having.

1. **Black-and-white (or all-or-nothing) thinking.**
Ex: "I never have anything interesting to say."

2. **Jumping to conclusions (or mind-reading)**
Ex: "The doctor is going to tell me I have cancer."

3. **Personalization - blaming yourself, making it your fault.**
Ex: "Our team lost because of me."

4. **Should Statements** - Believing that things 'should' be a certain way.
Ex: "I should be losing weight."

5. **Mental filter** - focusing on the negative, ignoring proof that goes against your existing beliefs. Ex: "I am terrible at getting enough sleep."

6. **Overgeneralization** - making broad interpretation from a small sample size of events. Ex: After one bad date, saying "I'll never find a partner.."

7. **Magnification and minimization** (magnifying the negative, minimizing the positive). Ex: "It was just one healthy meal."

8. **Fortune-telling** - predicting the future.
Ex: "My cholesterol is going to be sky-high."

9. **Comparison** - Comparing yourself to others, framing yourself in a negative light. Ex: "All of my coworkers are happier than me."

10. **Catastrophizing** - Jumping to the worst case scenario immediately: Ex: "This spot on my skin is probably skin cancer; I'll be dead soon."

11. **Labeling** - Applying labels to yourself.
Ex: "I'm just not a healthy person."

12. **Disqualifying the positive** - discounting positive things..
I answered that well, but it was a lucky guess.

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Adapted from Harvard.edu,
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