

# COGNITIVE DISTORTIONS

## ALL OR NOTHING THINKING

Also known as “polarized thinking”, it’s believing one has to be perfect or they’ll be a complete failure.

## JUMPING TO CONCLUSIONS

There’s two types: mind reading (assuming what others are thinking) and fortune telling (predicting with little/no evidence).

## MENTAL FILTER

Focusing on the negative and filtering all the positive aspects. This prevents from seeing any success or accomplishments.

## DISQUALIFYING THE POSITIVE

Differs from Mental Filter as it acknowledges the positive but refuses to accept it. Makes excuses to turn into negative.

## PERSONALIZATION

Takes things personally, even if the thing/event is unrelated to them. Self-blames for things beyond their control.

## SHOULD AND MUST STATEMENTS

Belief that things should be a certain way, using “should”, “must”, “shouldn’t” do statements. Feelings of guilt, resentment occur from disappointment.

## CATASTROPHISING

It consists of minimizing positive experiences and only seeing the worst possible outcome of an event or situation.

## BLAMING

This mind trap consists of blaming others for their problems instead of taking responsibility, playing the victim role.

## LABELLING

Assigning judgement on yourself or others based on a negative occurrence/incident. For example “I’m a loser”, “He’s unreliable”.

## EMOTIONAL REASONING

Believing whatever they’re feeling in the moment proves that something is true. “I feel therefore it must be true.”