

# Cognitive Distortions

Cognitive distortions are inaccurate or irrational thought patterns that can negatively impact our emotions, behaviors, and decision-making. While everyone experiences cognitive distortions from time to time, they can become problematic when they are persistent and intense.

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## Disqualifying The Positive

Focusing exclusively on the negatives of a situation while overlooking any potential benefits or positive outcomes. For example, you receive many compliments throughout the day and one piece of negative feedback. You fixate on the negative statement.

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## Personalization

Believing that you are responsible for events that are beyond your control. For example, your friend gets hurt in a car accident and you think it is your fault because you didn't invite them to hangout that day.

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## Magical Thinking

The belief that actions, thoughts, or rituals can affect unrelated events. For example, You think because you have been so kind to others no one will ever be mean to you.

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## Minimization or Magnification

Exaggerating or minimizing the importance of events. For example, one might believe their own achievements are unimportant, or that their mistakes are excessively important.

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## Catastrophizing

The tendency to anticipate and focus on the most negative or disastrous outcomes of a situation, even when there is limited evidence to support such predictions. For example, "I will get rejected and humiliated if I ask them out on a date".

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## Overgeneralization

Drawing broad conclusions based on a single or few experiences, overlooking the possibility of alternative explanations or exceptions. For example, you experience anxiety so you think "I will always be anxious".

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## Jumping to Conclusions

Assuming the outcome of a situation with little or no evidence. For example, thinking "We will lose the football game".

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## Mind Reading

Assuming that you know what others are thinking or feeling without clear evidence to support the assumption. For example, "He won't want to go out with me, he probably thinks I'm ugly".

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## Fortune Telling

The expectation that a situation will turn out badly without adequate evidence. For example, thinking you will trip and fall on stage when you get your diploma even though you are not clumsy.

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## "Should" Statements

The belief that things should be a certain way. For example, "I should always be social and talkative."

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## Minimization or Magnification

The assumption that emotions reflect the way things really are. For example, "I have a feeling of impending doom, so something bad is about to happen"

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## All of Nothing Thinking

Employing extreme language such as 'always', 'never', or 'every' when evaluating situations or making judgments. For example, you make a small mistake and your thought is "I never do anything right".

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