Cognitive Distortions

1. ALL-OR NOTHING THINKING: I see things in black - and - white categories. If my performance isn't perfect, I see myself as a total failure.

2. OVER-GENERALIZATION: I see a single negative event as a never-ending pattern of defeat.

3. MENTAL FILTER: I pick out a single negative detail and dwell on it so exclusively that it colors my whole vision of reality.

4. DISQUALIFYING THE POSITIVE: I reject positive experiences by insisting they "don't count" . . . In this way I can maintain a negative belief even if it is contradicted by my everyday experiences.

5. JUMPING TO CONCLUSIONS: I interpret events negatively, even though there is no evidence to support my conclusion by . . .
   a) Mind-reading: I simply assume that people are reacting negatively to me.
   b) Fortune-telling: I anticipate that things will turn out badly, then convince myself the prediction is established fact.

6. CATASTROPHIZING OR MINIMIZATION: I exaggerate the importance of negative things or minimize my own positive qualities.

7. EMOTIONAL REASONING: I assume that my emotions necessarily reflect reality (I feel like an idiot, so I must be one.")

8. "SHOULD" STATEMENT: I try to motivate myself with should and shouldn'ts which only leads to guilt.

9. LABELING: Instead of describing an error, I attach a global negative label to myself ("I'm a loser")

10. PERSONALIZATION: I see myself as the cause of some negative external event for which, in fact I was not responsible.

IF YOU KEEP ON DOING WHAT YOU'VE ALWAYS DONE, YOU'LL KEEP ON GETTING WHAT YOU'VE ALWAYS GOT.

Source: Aaron Beck