

Cognitive Distortions and Thinking Errors



Cognitive distortions are forms of unhelpful and un-dialectical thinking that can contribute to negative emotions and behaviors.

TYPES OF THINKING ERRORS

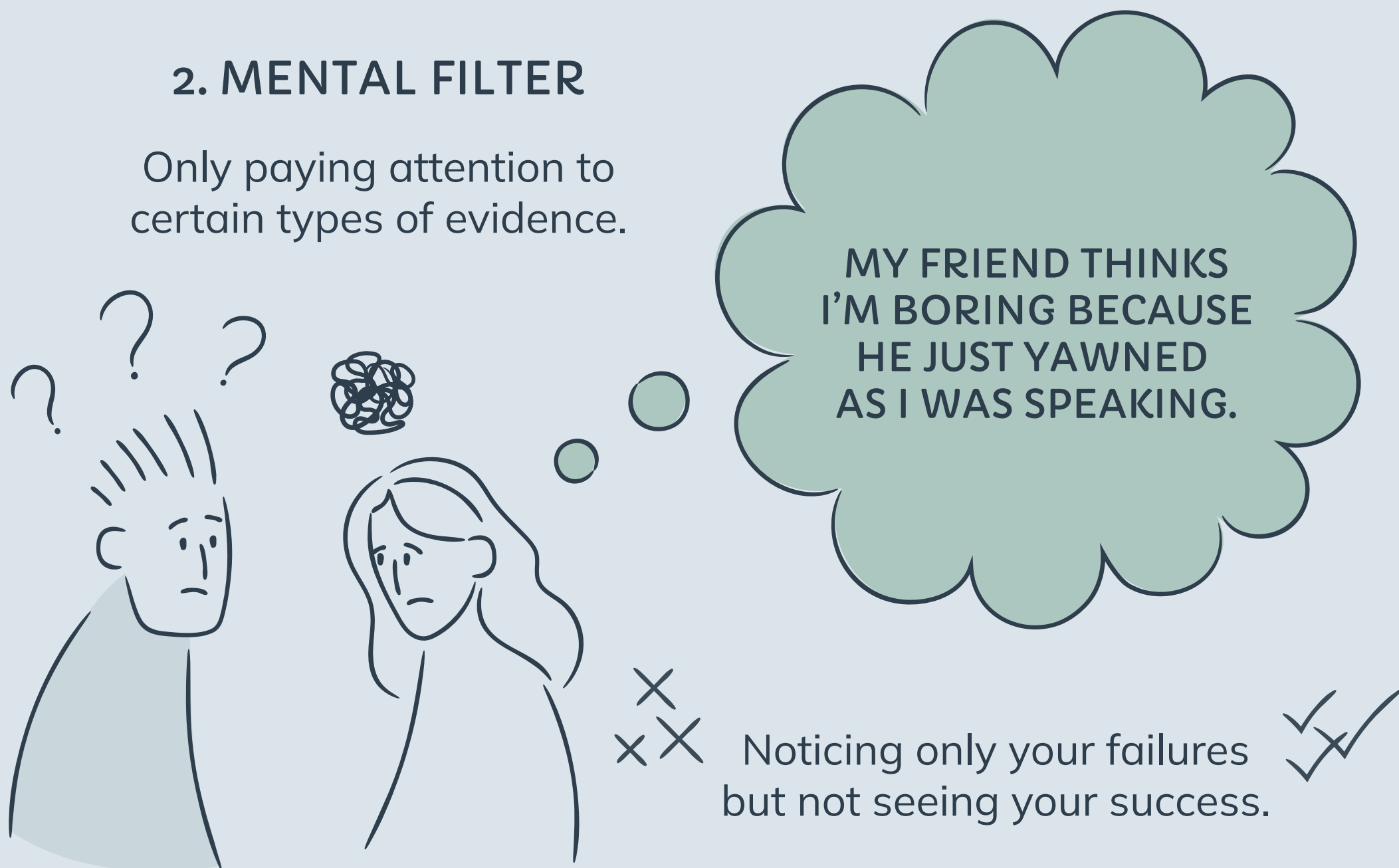
1. BLACK AND WHITE THINKING

It's all or nothing, without any grey.



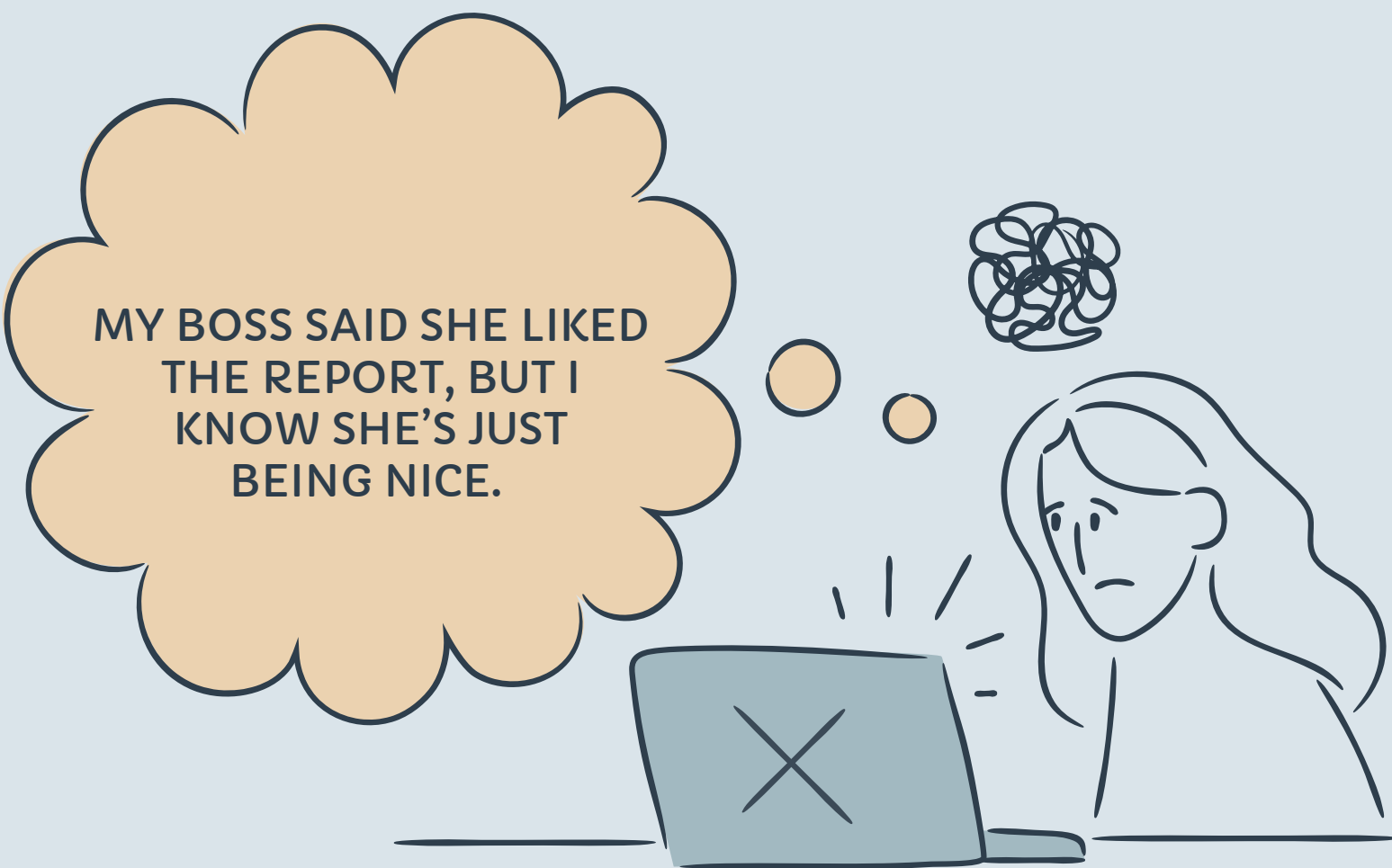
2. MENTAL FILTER

Only paying attention to certain types of evidence.



3. DISQUALIFYING THE POSITIVE

Discounting the good things that have happened or that you have accomplished.



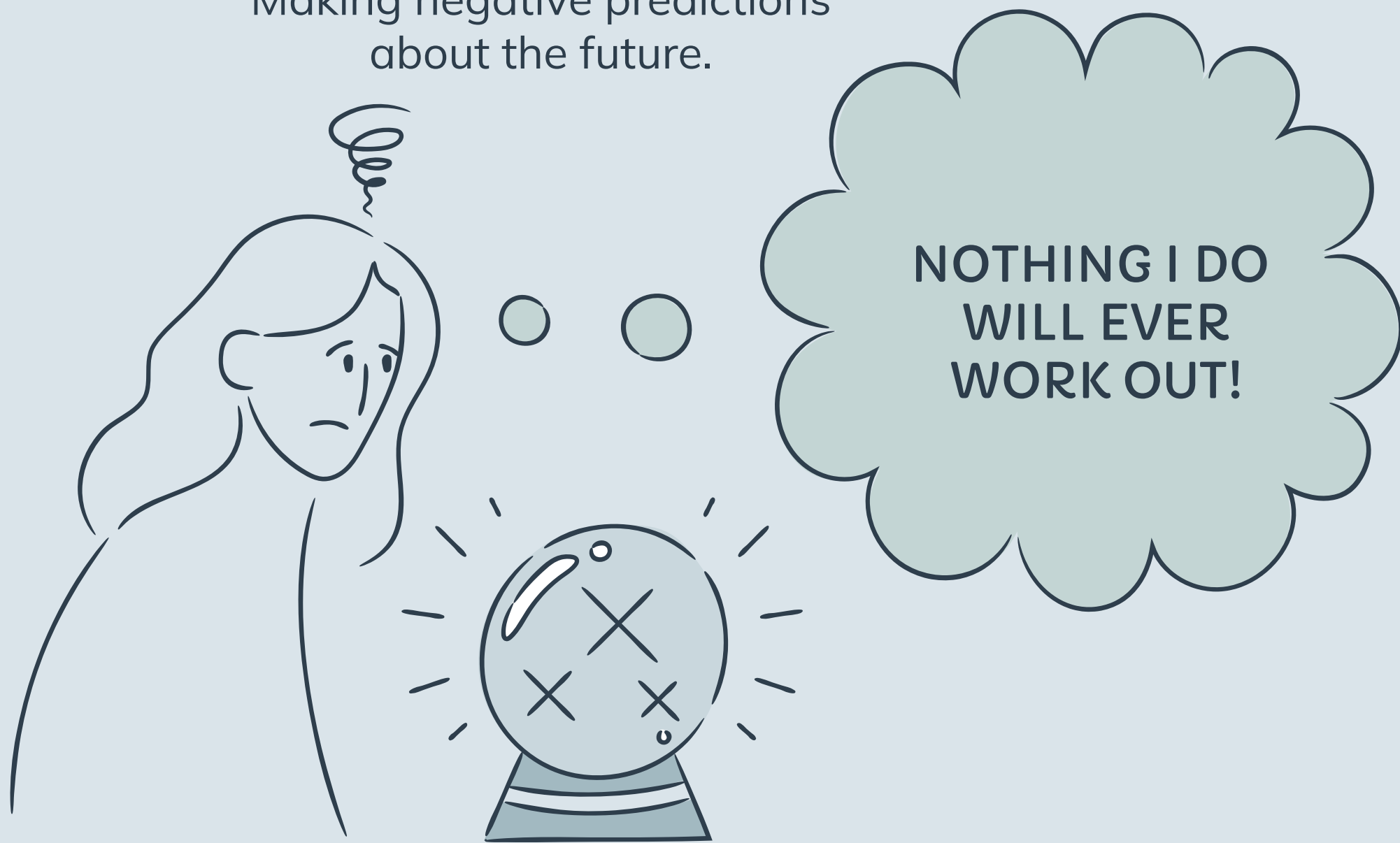
4. MIND READING

Believing that you know what others are thinking.



5. CRYSTAL BALL GAZING

Making negative predictions about the future.



6. OVERGENERALIZING

Seeing one negative event as proof that everything is negative.



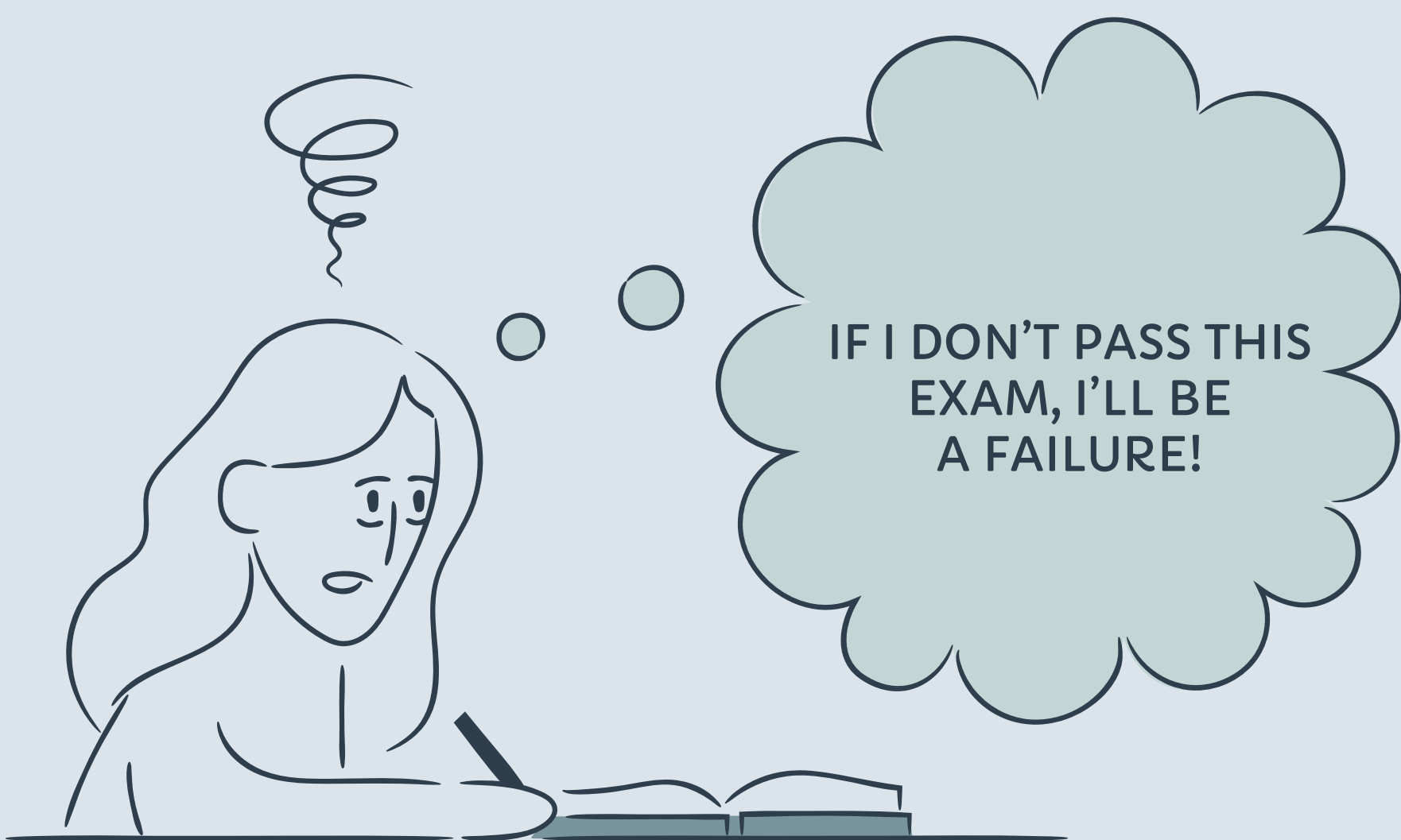
7. EMOTIONAL REASONING

Assuming that because you feel a certain way, what you think must be true.



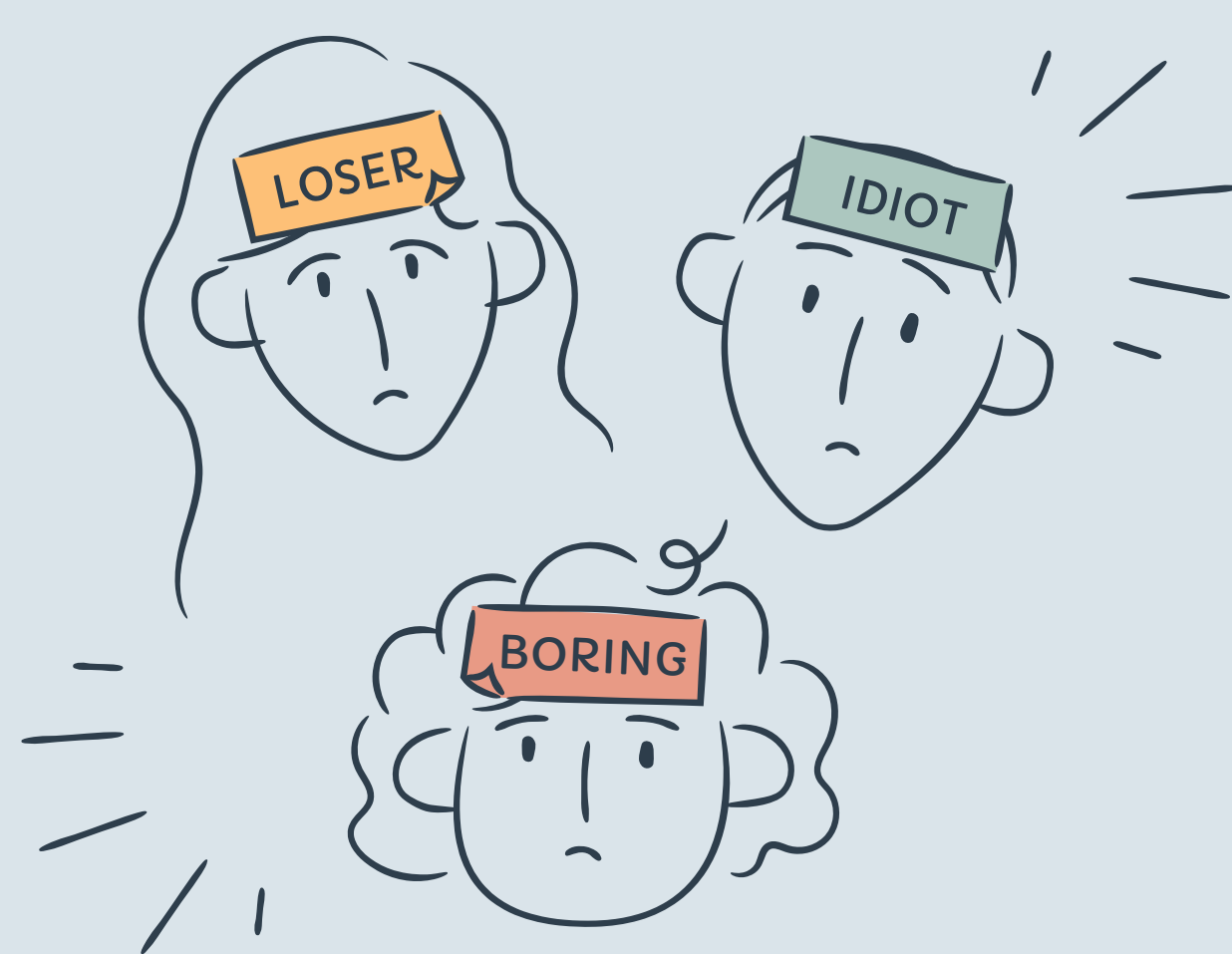
8. CATASTROPHIZING

Blowing things out of proportion.



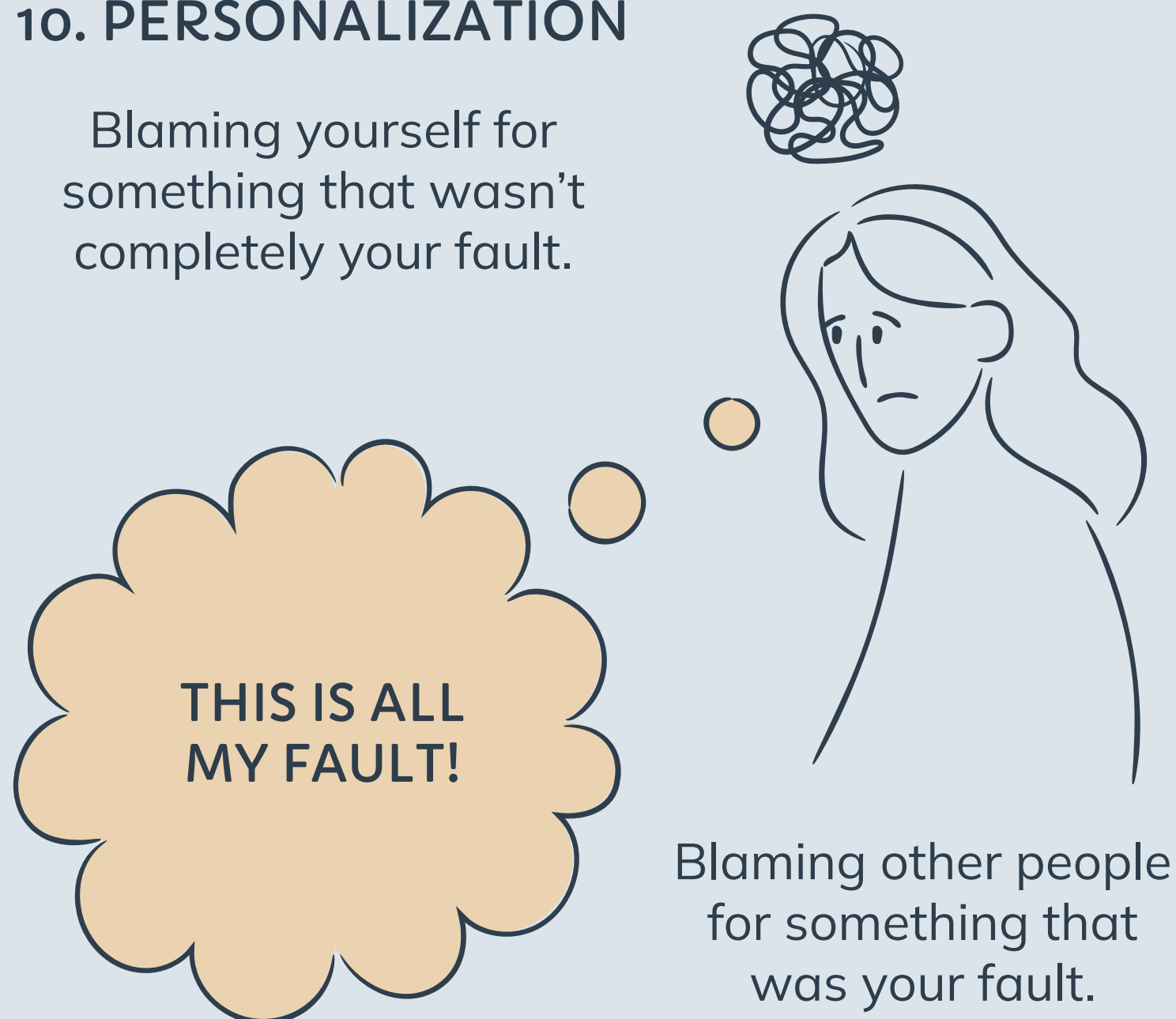
9. LABELING

Assigning labels to ourselves or other people.



10. PERSONALIZATION

Blaming yourself for something that wasn't completely your fault.



11. USING "SHOULD"

"Should" statements involve imposing a set of unrealistic or rigid standards for ourselves or others.

"Should" can set idealized expectations that can lead to feelings of frustration, or guilt when they are not met.



What about you?

What is your most common thinking error?



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