

# COGNITIVE DISTORTIONS

## OVERGENERALIZING

You see a constant, negative pattern based on one event.

## ALL OR NOTHING

You see things as absolutes, no gray areas.

## BLAMING / DENYING

You blame others for your problems or mistakes OR you blame yourself when it wasn't entirely your fault.

## SHOULD

You have a rigid code of conduct dictating how you and others should behave. You criticize yourself harshly when you fail to follow rules.

## NEGATIVE BIAS

You notice the negatives, but fail to see the positives.

## DOUBLE STANDARD

You hold yourself to a higher standard than all others.

## CATASTROPHIZING

You expect the worst.

## LABELING

You label yourself negatively

## MIND READING

You make assumptions about what others think.

## EMOTIONAL REASONING

You think your feelings are reality.

## MAGICAL THINKING

You think everything will be better when... (you're thinner, smarter, richer, get a new job, etc.)

## OVER PERSONALIZING

You make things personal when they aren't. You believe other's opinions are facts.