

Cognitive distortion



- 1) *Jumping to conclusions about the future:*** Believing the negative situation will go on forever (“Because he didn’t call, he never will”)

- 2) *Over-generalizing about your life:*** Over-generalizing from the specific loss or disappointment to all areas of their life (“I can’t do anything”; “Everything bad always happens to me”)

- 3) *Either/or thinking about yourself:*** (“Either I’m beautiful or ugly”; “Either I’m accepted or I’m rejected”)

4) *Selective attention to the negative:* The “doom & gloom”/ “glass-half-empty” view (Jane focuses on the 5 items she missed on a 100-item exam and believes she is a failure).

5) *Disqualifying the positive:* (When evaluating her performance a mother refuses to include the fact that she gets her kids to school on time every day as evidence that she is a good mother because “I’m supposed to do that.”)

- 6) *Predicting the future:*** Overly negative biased thinking can lead to distorted predictions (“I have had depression for so long, I will never feel better”, “That date didn’t go well, I will never find a partner”)
- 7) *Emotional reasoning:*** Drawing conclusions from emotional experiences (e.g., a person who is afraid of elevators concludes on the basis of his fear reaction that elevators are dangerous)

8) Personalization: Drawing a conclusion about oneself from an event or situation that might have other meanings (“The fact that Jane turned me down for a date means that I’m a loser”)

9) “Should” statements: The error of translating one’s wishes and preferences into moral imperatives for oneself and others (“She should be on time. If not, then she’s not a professional person.” “I should always be perfect”)

10) Catastrophizing: Drawing erroneous conclusions that involve exaggerated, negative outcomes (“I failed that exam. That means I’ll fail out of graduate school”)

11) Mind reading: Making inferences about another person’s thoughts or feelings without sufficient evidence (“My boss frowned at me today. This means that he wants to fire me”)