

## Checklist of Cognitive Distortions \*

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.
3. Mental filter. You dwell on the negatives and ignore the positives. This is like the drop of ink that discolors the entire beaker of water.
4. Discounting Positives. You insist your positive qualities don't count.
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.
  - Mind-Reading. You assume that people are reacting negatively to you.
  - Fortune-Telling. You predict that things will turn out badly.
6. Magnification or Minimization. You blow things way out of proportion or shrink them.
7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must be one." Or "I feel hopeless. This means I'll never get better."
8. Should Statements. You criticize yourself or other people with "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
  - Self-Directed Shoulds lead to feelings of guilt and inferiority.
  - Other-Directed Shoulds lead to feelings of bitterness, anger and frustration.
  - Hidden Shoulds are rules and should statements that are implied by your negative thoughts.
9. Labeling. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser."
10. Self-Blame and Other-Blame. You find fault instead of solving the problem.
  - Self-Blame. You blame yourself for something you weren't entirely responsible for.
  - Other-Blame. You blame others and overlook ways you contributed to the problem.