

# 15 COGNITIVE DISTORTIONS



**Filtering**  
Focusing solely on the negative and ignoring all the positive.



**Overgeneralization**  
Assuming all experiences and people are the same, based on one negative experience.



**Catastrophizing**  
Assuming the worst case scenario, magnifying the negative and minimizing the positive.



**Control fallacies**  
Thinking everything that happens to you is either all your fault or not at all your fault.



**Blaming**  
Pointing to others when looking for a cause of any negative event, instead of looking at yourself.



**Emotional reasoning**  
Believing "If I feel it, it must be true!"

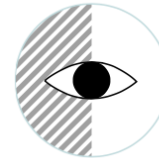


**Global labeling / mislabeling**  
Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.



**Heavens' reward fallacy**  
Believing that any good act on your part will be repaid or rewarded.

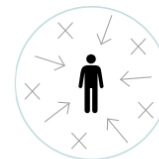
**Polarized thinking**  
Black and white thinking, not seeing the grey.



**Jumping to conclusions**  
Being convinced of something with little to no evidence to support it.



**Personalization**  
Believing that you are at least partially responsible for everything bad that happens around you.



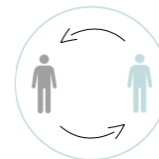
**Fallacy of fairness**  
Being too concerned over whether everything is fair.



**Shoulds**  
Holding tight to your personal rules on how people ought to behave.



**Fallacy of change**  
Expecting others to change to suit your needs or desires.



**Always being right**  
Believing that it is absolutely unacceptable to be wrong.

