

# Cognitive distortions

Cognitive distortions are irrational thoughts that can influence your emotions. Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful.



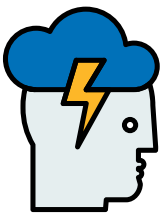
## Magnification and minimisation

Exaggerating or minimising the importance of events. A person might believe their own achievements are unimportant, or that their mistakes are excessively important.



## Overgeneralisation

Making broad interpretations from a single or few events. E.g. - "I felt awkward during my job interview. I am always so awkward."



## Catastrophizing

Seeing only the worst possible outcomes of a situation.



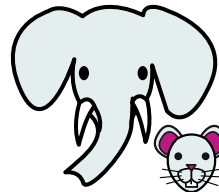
## Mind reading

Interpreting the thoughts and beliefs of others without adequate evidence. E.g. - "She would not go on a date with me. She probably thinks I'm ugly."



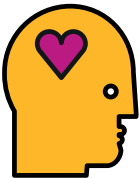
## Magical thinking

The belief that acts will influence unrelated situations. E.g.- "I'm a good person — bad things shouldn't happen to me."



## All-or-nothing thinking

Thinking in absolutes such as "always", "never", or "every". E.g.- "I never do a good enough job on anything."



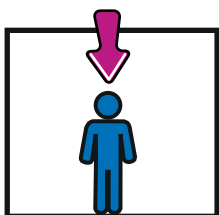
## Emotional reasoning

The assumption that emotions reflect the way things really are. E.g.- "I feel like a bad friend, therefore I must be a bad friend."



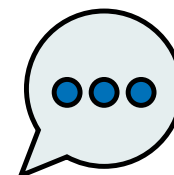
## Fortune telling

The expectation that a situation will turn out badly without adequate evidence.



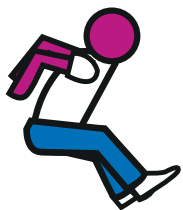
## Personalisation

The belief that a person is responsible for events outside of their own control. E.g.- "My mum is always upset. She would be fine if I did more to help her."



## "Should" statements

The belief that things should be a certain way. E.g.- "I should always be friendly."



## Jumping to conclusions

Interpreting the meaning of a situation with little or no evidence.



## Disqualifying the positive

Recognising only the negative aspects of a situation while ignoring the positive. A person might receive many compliments but focus on the single piece of negative feedback only.