



## Distorted Thinking



1. All-or-Nothing thinking: You look at things in absolute, black-and-white categories.
2. Overgeneralization: You view a negative event as a never-ending pattern of defeat.
3. Mental Filter: You dwell on the negatives and ignore the positives.
4. Discounting the Positives: You insist that your accomplishments or positive qualities don't count.
5. Jumping to Conclusions: You conclude things are bad without any definite evidence.
6. Magnification or Minimization: You blow things way out of proportion or you shrink their importance. Magnify negative and/or minimize positive.
7. Emotional Reasoning: You reason from how you feel: "I feel like an idiot, so I must be one." It must be true because you "feel it is."
8. "Should" statements: You criticize yourself or other people with "should" "shouldn't" "must" "ought to" and "have to."
9. Labeling: Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser."
10. Blame: You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that you contributed to a problem.