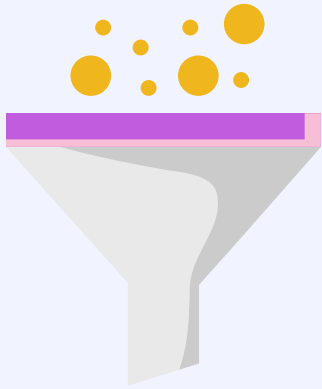


# COGNITIVE DISTORTIONS



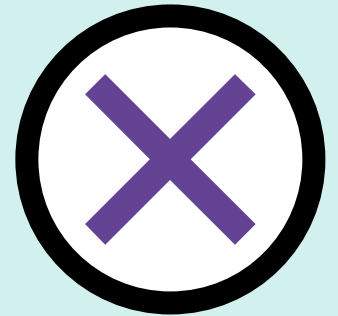
## Mental Filtering

You dismiss the significance of the positive and zero in on the negative. You struggle to enjoy your successes and good fortune. **Example:** You receive 50 compliments and one criticism but dwell on the criticism.

## Discounting the Positive

You dismiss the significance of positive events and convince yourself the positive doesn't count.

**Example:** After your boss praises your work, you tell yourself, "It wasn't that good," or "Anyone could have done it."



## Polarized Thinking

You see situations as all or none. Your language is peppered with *always*, *never*, and similar overstatements. **Example:** After one poor grade, you believe you're a failure. Or you see people as all good or all bad.



## Overgeneralization

You make sweeping assumptions based on isolated incidents. **Example:** After you lose out on a promotion, you think, "Nothing ever works out for me." Or your negative encounters with a few people in your new town cause you to dislike everyone there. You assume they're all the same.

# Fortune Telling



You predict the future based on the present. Your certainty about what the future holds prevents you from taking healthy risks. You assume you know how events will unfold before they begin. **Example:** You assume you'll never find a job or a worthwhile relationship, so why bother?

# Mind Reading

You believe you already know others' thoughts and intentions before you ask. **Example:** A friend doesn't wave back from across the street, so you assume she is holding a grudge. Or you arrive to work late and assume everyone thinks you're a flake.



# Shoulding

*Should* and *must* dominate your thoughts, and you beat yourself up for failing to meet your expectations. Shoulding causes guilt and self-criticism if it occurs too often. **Example:** After your first day at a new job, you tell yourself, "I *shouldn't* have made so many mistakes," or "I *should* have known better."

