

Types of Cognitive Distortions

- Overgeneralization
- Emotional Reasoning
- Discounting the Positive
- All-Or-Nothing Thinking
- Personalizing
- Should Statements
- Catastrophizing
- Mind Reading
- Control Fallacies
- Labelling
- Mental Filtering
- Jumping to Conclusions

Overgeneralization

Drawing conclusions based on one or a small number of pieces of information.

Catastrophizing

Involves taking a minor issue and snowballing it in a step-wise way into the worse case scenario.

Emotional Reasoning

Acting as if emotions were evidence for your thoughts and beliefs.

Discounting the Positive

Involves minimizing or dismissing positive experiences, accomplishments, or feedback.

Mind Reading

Speculation about what someone else is thinking about you – often in a negative or self-critical way – without having any meaningful evidence.

Control Fallacies

Believing that external forces control one's life and emotions, leading to feelings of helplessness.

All-Or-Nothing Thinking

Thinking about ourselves, others, or the world in a very rigid and absolute way without any middle ground.

Labelling

Putting a belittling label on oneself based on a single instance.

Personalization

Taking all the credit for the blame in a situation, when the situation involves multiple factors that are not fully in your control.

Mental Filtering

Focuses exclusively on the negative details of a situation while filtering out or downplaying the positive aspects.

Should Statements

When people place rigid expectations on themselves or others by using like
“should,” or “must.”

Jumping to Conclusions

Making a depression or anxiety-informed assumption about the future before justifying the facts.