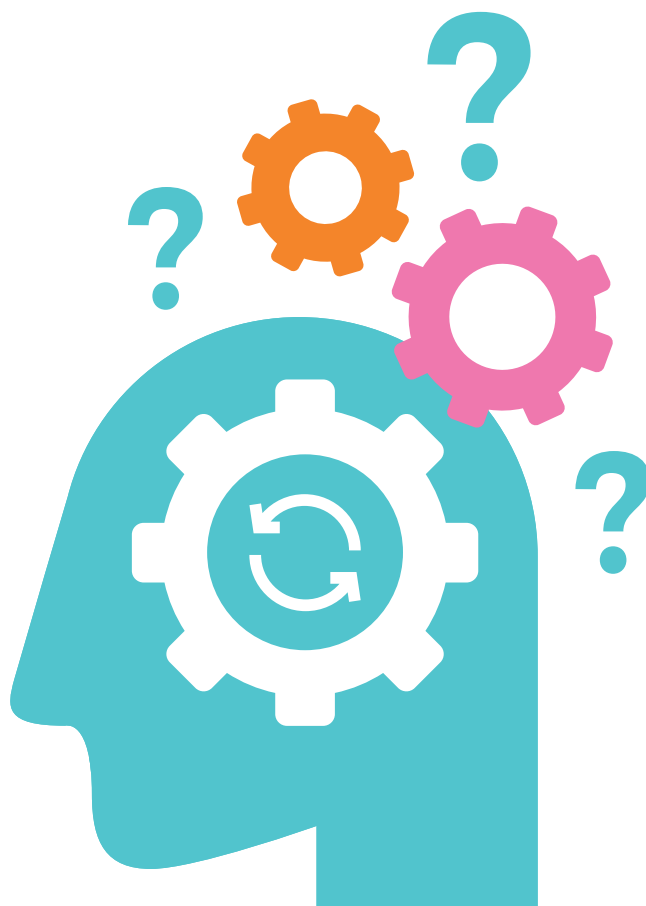


10 COMMON COGNITIVE DISTORTIONS



MENTAL FILTER

Magnifying negative information by filtering out or disqualifying the positives.

EMOTIONAL REASONING

Believing that your thoughts must be true due to the associated emotional response.

CATASTROPHISING

Thoughts or mental imagery jumping to worst case scenarios.

OVERGENERALISATION

Making broad negative conclusions based on limited information or events.

LABELLING

Assigning global negative traits to oneself or others based on limited events.

PERSONALISATION AND BLAME

Reducing the complex causations of events to either oneself or others.

BLACK AND WHITE THINKING

The tendency to use either/or categories (i.e., good/bad, right/wrong, always/never).

MIND READING

Assuming knowledge of other people's thoughts or intentions.

"SHOULD" STATEMENTS

Criticising yourself or others with "should," "must," or "need to" statements.

FORTUNE TELLING

Assuming knowledge and accurate predictions regarding the future.