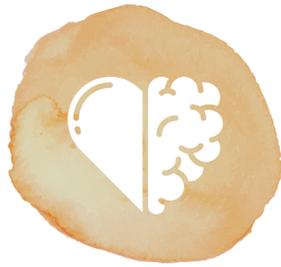


Cognitive Distortions



Fortune Telling

Predicting that a situation will turn out badly without adequate evidence.



Emotional Reasoning

Believing your thoughts must be true because you feel a certain way.



All or Nothing Thinking

Thinking in absolute terms such as all good or all bad, with nothing in between.



Labeling

Assigning a label to yourself or others based on a single experience or characteristic.



Mental Filter

Focusing on the negatives in a situation and ignoring the positives.



Just World Thinking

Assuming that everyone and everything is balanced and judged fairly.



Should Statements

Believing that things 'should' or 'must' be a certain way.



Catastrophizing

Predicting the worst possible outcome of a future event based on little or no evidence.



Mind-Reading

Jumping to conclusions about someone's thoughts, feelings, or behaviors.



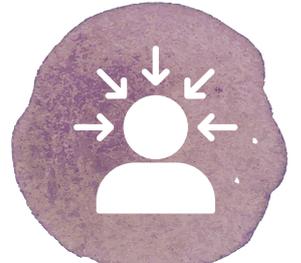
Discounting the Positive

Disregarding the positives in a situation.



Magical Thinking

Believing that actions will influence unrelated situations.



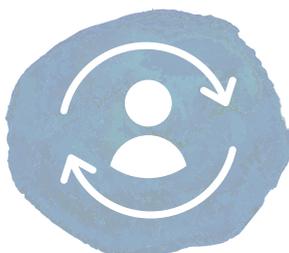
Personalization

Feeling personally responsible for the actions of others and events that are out of your control.



Minimizing

Minimizing the significance or importance of events and situations.



Fallacy of Change

Believing others need to change their behavior in order for you to be happy.



Blaming

Blaming yourself or others for problems or mistakes that are not in their control.



Overgeneralization

Making broad assumptions based on a single or few events.

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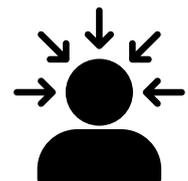
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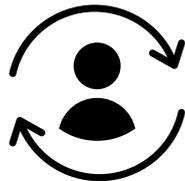
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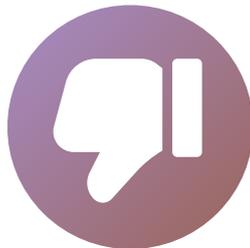
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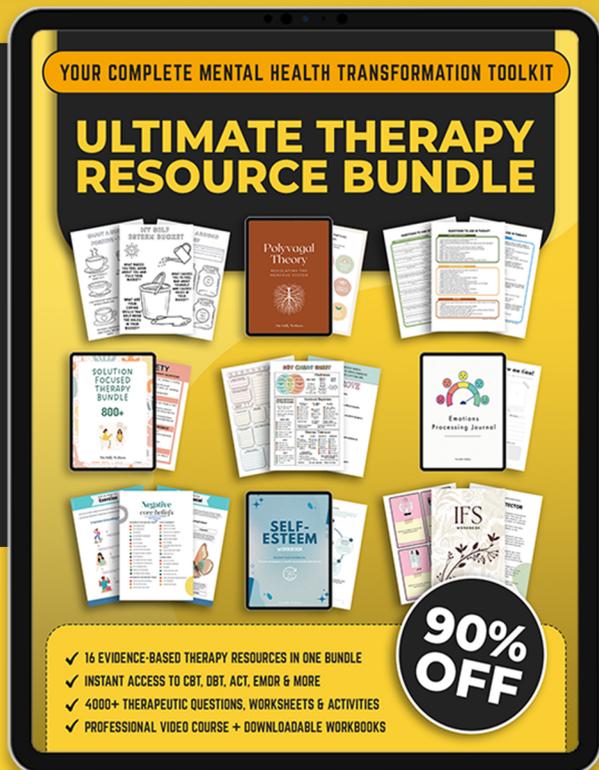
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