

# CHECKLIST OF COGNITIVE DISTORTIONS

1.	<b>All or nothing thinking:</b> You look at things in absolute, black and white categories.
2.	<b>Overgeneralization:</b> You view a negative event as a never-ending pattern of defeat.
3.	<b>Mental Filter:</b> You dwell on the negatives and ignore the positives.
4.	<b>Discounting the positives:</b> You insist that your accomplishments or positive qualities “don’t count.”
5.	<b>Jumping to conclusions:</b> (A) Mind reading – you assume that people are reacting negatively to you when there’s no definite evidence for this; (B) Fortune Telling – you arbitrarily predict things will turn out badly.
6.	<b>Magnification or Minimization:</b> You blow things way out of proportion or you shrink their importance inappropriately.
7.	<b>Emotional Reasoning:</b> You reason from how you feel: “I feel like an idiot, so I really must be one.” Or “I don’t feel like doing this, so I’ll put it off.”
8.	<b>“Should Statements”:</b> You criticize yourself or other people with “Shoulds” or “Shouldn’ts.” “Musts,” “Oughts,” “Have tos” are similar offenders.
9.	<b>Labeling:</b> You identify with your shortcomings. Instead of saying, “I made a mistake,” you tell yourself, “I’m a jerk,” or “a fool,” or “a loser.”
10.	<b>Personalization and Blame:</b> You blame yourself for something you weren’t entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.