

# Cognitive Distortions

## Unhelpful Automatic Thinking Patterns

Julia Garrison, LMHC | Adapted from John M. Grohol, Psy.D. 15 Common Cognitive Distortions

### 1. Filtering

We take the negative details and magnify them while filtering out all the positive aspects of a situation. For instance, a person may pick out a single, unpleasant detail and dwell on it exclusively so that their vision of reality becomes darkened or distorted.

Often      Sometimes      Hardly Ever      Never

Example:



### 2. Polarized Thinking (or “Black and White” Thinking)

In polarized thinking, things are either “black-or-white.” We have to be perfect or we’re a failure — there is no middle ground. You place people or situations in “either/or” categories, with no shades of gray or allowing for the complexity of most people and situations. If your performance falls short of perfect, you see yourself as a total failure.

Often      Sometimes      Hardly Ever      Never

Example:



### 3. Overgeneralization

In this cognitive distortion, we come to a general conclusion based on a single incident or a single piece of evidence. If something bad happens only once, we expect it to happen over and over again. A person may see a single, unpleasant event as part of a never-ending pattern of defeat.

For instance, if a student gets a poor grade on one paper in one semester, they conclude they are a horrible student and should quit school.

Often      Sometimes      Hardly Ever      Never

Example:



### 4. Jumping to Conclusions

Without individuals saying so, we know what they are feeling and why they act the way they do. In particular, we are able to determine how people are feeling toward us. This can be called “mind-reading”.

For example, a person may conclude that someone is holding a grudge against them, but doesn’t actually bother to find out if they are correct. Another example involving fortune-telling is when a person may anticipate that things will turn out badly in their next relationship, and will feel convinced that their prediction is already an established fact, so why bother dating.

Often      Sometimes      Hardly Ever      Never

Example:



## 5. Catastrophizing



When a person engages in catastrophizing, they expect disaster to strike, no matter what. This is also referred to as magnifying, and can also come out in its opposite behavior, minimizing. In this distortion, a person hears about a problem and uses what if questions (e.g., “What if tragedy strikes?” “What if it happens to me?”) to imagine the absolute worst occurring.

For example, a person might exaggerate the importance of insignificant events (such as their mistake, or someone else’s achievement). Or they may inappropriately shrink the magnitude of significant events until they appear tiny (for example, a person’s own desirable qualities or someone else’s

imperfections).

Often      Sometimes      Hardly Ever      Never

Example:

## 6. Personalization

Personalization is a distortion where a person believes that everything others do or say is some kind of direct, personal reaction to them. They literally take virtually everything personally, even when something is not meant in that way. A person who experiences this kind of thinking will also compare themselves to others, trying to determine who is smarter, better looking, etc.

A person engaging in personalization may also see themselves as the cause of some unhealthy external event that they were not responsible for. For example, “We were late to the dinner party and caused everyone to have a terrible time. If I had only pushed my husband to leave on time, this wouldn’t have happened.”

Often      Sometimes      Hardly Ever      Never

Example:



## 7. Control Fallacies

This distortion involves two different but related beliefs about being in complete control of every situation in a person’s life. In the first, if we feel externally controlled, we see ourselves as helpless a victim of fate. For example, “I can’t help it if the quality of the work is poor, my boss demanded I work overtime on it.”

The fallacy of internal control has us assuming responsibility for the pain and happiness of everyone around us. For example, “Why aren’t you happy? Is it because of something I did?”

Often      Sometimes      Hardly Ever      Never

Example:



## 8. Fallacy of Fairness

In the fallacy of fairness, a person feels resentful because they think that they know what is fair, but other people won’t agree with them. As our parents tell us when we’re growing up and something



doesn't go our way, "Life isn't always fair." People who go through life applying a measuring ruler against every situation judging its "fairness" will often feel resentful, angry, and even hopelessness because of it. Because life isn't fair — things will not always work out in a person's favor, even when they should.

Often            Sometimes            Hardly Ever            Never  
Example:

## 9. Blaming

When a person engages in blaming, they hold other people responsible for their emotional pain. They may also take the opposite track and instead blame themselves for every problem — even those clearly outside their own control.

For example, "Stop making me feel bad about myself!" Nobody can "make" us feel any particular way — only we have control over our own emotions and emotional reactions.

Often            Sometimes            Hardly Ever            Never  
Example:



## 10. Shoulds

Should statements ("I should pick up after myself more...") appear as a list of ironclad rules about how every person should behave. People who break the rules make a person following these should statements angry. They also feel guilty when they violate their own rules. A person may often believe they are trying to motivate themselves with shoulds and shouldn'ts, as if they have to be punished before they can do anything.



For example, "I really should exercise. I shouldn't be so lazy." *Musts* and *oughts* are also offenders. The emotional consequence is guilt. When a person directs should statements toward others, they often feel anger, frustration and resentment.

Often            Sometimes            Hardly Ever            Never  
Example:

## 11. Emotional Reasoning

The distortion of emotional reasoning can be summed up by the statement, "If I feel that way, it must be true." Whatever a person is feeling is believed to be true automatically and unconditionally. If a person feels stupid and boring, then they must be stupid and boring.

Emotions are extremely strong in people, and can overrule our rational thoughts and reasoning. Emotional reasoning is when a person's emotions takes over our thinking entirely, blotting out all rationality and logic. The person who engages in emotional reasoning assumes that their unhealthy emotions reflect the way things

really are — "I feel it, therefore it must be true."



Often      Sometimes      Hardly Ever      Never

Example:

## 12. Fallacy of Change

In the fallacy of change, a person expects that other people will change to suit them if they just pressure or cajole them enough. A person needs to change people because their hopes for success and happiness seem to depend entirely on them.

This distortion is often found in thinking around relationships. For example, a girlfriend who tries to get her boyfriend to improve his appearance and manners, in the belief that this boyfriend is perfect in every other way and will make them happy if they only changed these few minor things.

Often      Sometimes      Hardly Ever      Never

Example:

## 13. Global Labeling/Overgeneralization



In global labeling (also referred to as mislabeling), a person generalizes one or two qualities into a negative global judgment about themselves or another person. Instead of describing an error in context of a specific situation, a person will attach an unhealthy universal label to themselves or others.

For example, they may say, “I’m a loser” in a situation where they failed at a specific task. When someone else’s behavior rubs a person the wrong way — without bothering to understand any context around why — they may attach an unhealthy label to him, such as “He’s a real jerk.”

Mislabeling involves describing an event with language that is highly colored and emotionally loaded. For example, instead of saying someone drops her children off at daycare every day, a person who is mislabeling might say that “She abandons her children to strangers.”

Often      Sometimes      Hardly Ever      Never

Example:

## 14. Always Being Right

When a person engages in this distortion, they are continually putting other people on trial to prove that their own opinions and actions are the absolute correct ones. To a person engaging in “always being right,” being wrong is unthinkable — they will go to any length to demonstrate their rightness.

For example, “I don’t care how badly arguing with me makes you feel, I’m going to win this argument no matter what because I’m right.” Being right often is more important than the feelings of others around a person who engages in this cognitive distortion, even loved ones.

Often      Sometimes      Hardly Ever      Never

Example:



## 15. Heaven’s Reward Fallacy



The final cognitive distortion is the false belief that a person's sacrifice and self-denial will eventually pay off, as if some global force is keeping score. This is a riff on the fallacy of fairness, because in a fair world, the people who work the hardest will get the largest reward. A person who sacrifices and works hard but doesn't experience the expected payoff will usually feel bitter when the reward doesn't come.

Often      Sometimes      Hardly Ever      Never

Example:

Top 3 Cognitive Distortions you most relate to:

- 1.
- 2.
- 3.