

Cognitive Thought Distortion

Thought Distortions are errors in our thinking that can cause us to behave in negative or unhelpful ways, can lead us to interact with others in ways that create conflict or distance, and prevent us from moving forward or making change.

Forecasting

Assuming that the future will turn out negatively and feeling convinced that this is true.

This project is destined to fail.

Mind Reading

Assuming that another person is having negative thoughts or reactions to you without checking out your perception.

Everyone blames me.

Negative Filter

Focusing on a single negative instance and disqualifying any positive experiences or evidence to the contrary.

Since my coworkers are frustrated with me, I must be bad at my job.

All or Nothing Thinking

Seeing things in extreme ways, as either/or, with no middle ground.

Because I feel sad, I'll never be able to feel happy again.

Emotional Reasoning

Believing something is true, because it feels like it is true.

Because I feel like my boss does not like me, he must really not like me.

Catastrophizing

Exaggerating the importance of an event or outcome.

My family is terrible because we had an argument.

Should Statements

Having a rigid set of rules about how one should behave or think.

I should be more prepared.

Personalization

Seeing yourself as the cause of an external negative event for which you were not primarily responsible.

We would not have gotten lost if I was more organized.