

AUTOMATIC

NEGATIVE THOUGHTS

COMMON COGNITIVE DISTORTIONS

ALL OR NOTHING THINKING	Also known as black or white thinking, perfectionism, or dichotomous thinking. "If I am not perfect, I failed" or "If I can't do it 100%, there's no point in doing it at all". One percent better everyday makes a huge difference at the end of a year. Progress over perfection.
SHOULD STATEMENTS	Should statements can be rooted in family or workplace culture about what is expected or appropriate. This looks like using words such as "should" "ought", "must", or "guilty".
FOCUSING ON THE NEGATIVE	This is also called discounting the positives or a mental filter. When this occurs, we dismiss positives as luck or an accident. If we believe that we have no control over situations, it can result in "learned helplessness" and decreased motivation.
JUMPING TO CONCLUSIONS	Mind reading and fortune telling fall into this category. We do not know what others are thinking, and we cannot predict the future.
CATASTOPHIZING	This happens when we jump to the worst possible outcome, or blow things out of proportion. A way around it is to think also think about the best case scenario, and something in between.
PERSONALIZATION	We can often take things personally when they may not be connected to us, or caused by us at all. "This is my fault" or "They did not say hi back, they must hate me".

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<i>CONTROL FALLACY</i>	Thinking that we control everything in our lives sets us up for failure. Being mindful that we cannot control everything allows us to stay in the present and practice acceptance.
<i>JUST WORLD THINKING</i>	Sometimes we may think the world is balanced on fairness and equality.
<i>EMOTIONAL REASONING</i>	This is a false belief that our emotions are the truth. This thinking pattern can be common when experiencing depression or anxiety. Being in touch with our emotions is great, but we need to be aware that how we feel, may not be based on evidence.
<i>OWNING THE TRUTH</i>	This happens when we believe we are right, and our opinion is the truth. Being wrong can become unthinkable, and we may do anything to prove we are right.
<i>OVER-GENERALIZATION</i>	This can also be referred to as blanket statements. "I always do everything wrong" or "I never hit the green lights". Patterns are not based on single events.
<i>LABELING</i>	Often times this can look like berating ourselves, off a single event or behavior. It can also result in underestimating, or misunderstanding others

CHALLENGING

COGNITIVE DISTORTIONS

ASK YOURSELF:

Is this thought helpful or harmful?

What would I say to a friend in a similar situation?

Is there evidence for, or against my belief?

Am I making this personal?

Am I holding myself to unreasonable standards?

Am I making assumptions?

Are there other possibilities?

Am I assuming the worst?

Are there any exceptions to my beliefs?

Is this within my control?