

## Exercise 10 - Cognitive Distortions

The following list of common cognitive distortions can help you to identify, label and pre-empt your own thinking process errors:

1	<b>Catastrophising:</b> Automatically assuming the worst possible outcome.	<input type="checkbox"/>	10	<b>Blaming:</b> Automatically attributing personal blame or responsibility to self or others.	<input type="checkbox"/>
2	<b>Polarised Thinking:</b> Viewing things in absolute or black and white terms.	<input type="checkbox"/>	11	<b>Perfectionistic Thinking:</b> Demanding unhelpful standards of exactitude and viewing anything less than 100% as failure.	<input type="checkbox"/>
3	<b>Over-generalising:</b> Making sweeping inferences based on a single negative event.	<input type="checkbox"/>	12	<b>Comparing:</b> Devaluing self-worth by negative comparison with others.	<input type="checkbox"/>
4	<b>Negative Filter:</b> Focusing on the negatives and ignoring or discounting the positives.	<input type="checkbox"/>	13	<b>Change Fallacy:</b> Assuming that things should always change to make us happy or suit our needs.	<input type="checkbox"/>
5	<b>Jumping to Conclusions:</b> Drawing conclusions without checking the facts.	<input type="checkbox"/>	14	<b>Control Fallacy</b> - Assuming we are powerless / victimised if we are not in control.	<input type="checkbox"/>
6	<b>Mind-Reading:</b> Deciding what people are thinking and feeling without any real evidence.	<input type="checkbox"/>	15	<b>Fairness Fallacy</b> – Expecting everything to be measured in fairness and showing resentment when it doesn't work out.	<input type="checkbox"/>
7	<b>Emotional Reasoning:</b> Interpreting feelings as factual judgments.	<input type="checkbox"/>	16	<b>Reward Fallacy</b> – Expecting sacrifice and self-denial to pay off and feeling bitterness when the reward doesn't happen.	<input type="checkbox"/>
8	<b>Musts / Shoulds:</b> Expressing wishes and preferences as rigid demands.	<input type="checkbox"/>			
9	<b>Labeling:</b> Using global labels to describe a person based on a single characteristic or situation.	<input type="checkbox"/>			

Make a note of the common thinking errors that apply to you, so that you can readily spot them when you are caught up in unhelpful thinking processes. The following section of the workbook completes our trip around the Cognitive Tritangle by looking at perspective taking and how we relate to our thoughts.