

| Cognitive Distortion Type | Interpretation | Example Distorted Speech |
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| Personalization | Personalizing or taking up the blame for a situation, that in reality involved many factors and was out of the person's control. | My son is pretty quiet today. I wonder what I did to upset him. |
| Mind Reading | Suspecting what others are thinking or what are the motivations behind their actions. | My house was dirty when my friends came over, they must think I'm a slob! |
| Overgeneralization | Major conclusions are drawn based on limited information. | Last time I was in the pool I almost drowned, I am a terrible swimmer and should not go into the water again. |
| All-or-nothing thinking | Looking at a situation as either black or white or thinking that there are only two possible outcomes to a situation. | If I cannot get my Ph.D., then I am a total failure. |
| Emotional reasoning | Letting one's feeling about something overrule facts to the contrary. | Even though Steve is here at work late every day, I know I work harder than anyone else at my job. |
| Labeling | Giving someone or something a label without finding out more about it/them. | My daughter would never do anything I disapproved of. |
| Magnification | Emphasizing the negative or playing down the positive of a situation. | My professor said he made some corrections on my paper, so I know I'll probably fail the class. |
| Mental filter | Placing all one's attention on, or seeing only, the negatives of a situation. | My husband says he wishes I was better at housekeeping, so I must be a lousy wife. |
| Should statements | Should statements appear as a list of ironclad rules about how a person should behave, this could be about the speaker themselves or other. It is NOT necessary that the word 'should' or its synonyms (ought to, must etc.) be present in the statements containing this distortion. | I should get all A's to be a good student. |
| Fortune-telling | As the name suggests, this distortion is about expecting things to happen a certain way, or assuming that thing will go badly. Counterintuitively, this distortion does not always have future tense. | I was afraid of job interviews so I decided to start my own thing. |