

Cognitive Distortions



FILTERING

Focussing on the negative
Ignoring the positive



CATASTROPHIZING

Expecting the worst case scenario
Minimizing the positive



POLARIZED THINKING

All-or-nothing thinking
Ignoring complexity



HEAVEN'S REWARD FALLACY

Expecting self-sacrifice
to be rewarded



CONTROL FALLACIES

Assumes only others to blame
Assumes only self to blame



ALWAYS BEING RIGHT

Being wrong is unacceptable
Being right supercedes everything



FALLACY OF FAIRNESS

Assumes life should be fair



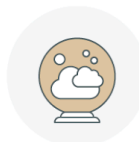
PERSONALIZATION

Always assuming self responsible



OVERGENERALIZATION

Assumes a rule from one
experience



JUMPING TO CONCLUSIONS

Makes assumptions based on
little evidence



EMOTIONAL REASONING

"If I feel it, it must be true."



BLAMING

Assumes everyone else at fault



FALLACY OF CHANGE

Expects others to change



GLOBAL LABELLING

Extreme generalization



"SHOULD"

Holds tight to personal rules of behaviour
Judges self and others if rules broken