

COGNITIVE Distortions

Cognitive distortions are irrational thought patterns that can negatively influence your emotions and behaviours.

PERSONALISATION

Taking responsibility for events outside your control or blaming yourself for everything.

"It's my fault we lost the game because I didn't play well," even if others also contributed.

OVERGENERALISING

Making broad assumptions based on a single event or limited evidence.

"I felt awkward during my job interview. I am always so awkward."

BLAMING

Holding others responsible for your own feelings or problems, or blaming yourself excessively.

"It's my friend's fault I'm stressed because they never listen," or "I blame myself for my parents' divorce."



EMOTIONAL REASONING

Believing that negative emotions reflect the true state of things.

"I feel like a bad friend, therefore I must be a bad friend."



LABELLING

Assigning negative labels to yourself or others instead of describing specific behaviours.

"I'm such a loser for not making the team," or "He's a bully."

BLACK & WHITE THINKING

Thinking in absolutes such as "always," "never," or "every."

"I never do a good enough job on anything."



JUMPING TO CONCLUSIONS

Making negative assumptions without any factual basis, including mind reading and fortune telling.

"My crush didn't reply to my message immediately, he must not like me!"

MENTAL FILTER

Focusing only on the negative aspects of a situation while ignoring the positive.

"I received ten compliments on my outfit, but one friend said it was weird, so now I have to change."

CATASTROPHISING

Expecting the worst-case scenario to happen without considering more likely outcomes.

"If I fail this test, my whole future is ruined!"

SHOULD STATEMENTS

Using "should," "must," or "ought to" statements to criticise yourself or others.

"I should always be happy," or "You must join every club to be popular."

