**12 Common Cognitive Distortions**

1. All-or-nothing: You view your tinnitus in only two categories instead of a continuum.
   1. Example: My life with tinnitus is totally ruined.
2. Catastrophizing (also known as fortune telling): You predict the future negatively without considering other options
   1. Example: I woke up with tinnitus and because of that my whole day will be ruined.
3. Disqualifying or discounting positives: You unreasonably tell yourself that positive experiences, deed or qualities do not count.
   1. Example: “I had a few moments without tinnitus, but that doesn’t mean I am gaining control, I just got lucky”
4. Emotional Reasoning: You think something must be true because you “feel” and actually believe it so strong, ignoring evidence to the contrary. You have lost a “reality check” capability.
   1. Example: “ I know I can control some of my thoughts, but I still feel like I am a failure because I cannot control my tinnitus.”
5. Labeling: You put a global label on yourself, other people, and situations when sometimes there might be enough evidence to lead to less disastrous conclusions.
   1. Example: My life is ruined because of my tinnitus and there is no help.
6. Magnification / minimization: When you evaluate yourself, others, or situations you unreasonable magnify the negative and/or minimize the positive.
   1. Example: When my tinnitus is lower it does not mean I am getting better. When my tinnitus is louder it screams in my head.
7. Mental filter: You pay too much attention to one negative detail instead of seeing the whole picture.
   1. Example: Because I heard one different pitch, it does not mean I will hear this new pitch for the rest of my life.
8. Mental reading: You believe you know what others are thinking. You fail to confirm other options.
   1. Example: She is thinking that I must be crazy not being able to deal with a little sound in my ear.
9. Overgeneralization: You make a sweeping negative conclusion about your tinnitus.
   1. Example: Because I am so miserable due to my tinnitus, I will never be happy again for the rest of my life.
10. Personalization: You believe others. Your relatives and friends are behaving negatively because of you. You are not considering other causes for their behavior.
    1. Example: My sister was short with me because I tried to tell her about my tinnitus problem.
11. “Should” and “Must” statements: You have a very precise, rigid, fixed idea of how you and others should behave and you overestimate how bad it is when these expectations are not met.
    1. Example: It is that I made a mistake or that I again focused on listening to my tinnitus instead of trying to ignore it. I should always try to do my best.
12. Tunnel Vision: You only see negative aspects of a situation.
    1. Example: Why am I the only one who has terrible tinnitus? I am being punished with this. What wrong did I do to deserve it?