Cognitive distortions

1) Jumping to conclusions about the future: Believing the negative situation will go on forever (“Because he didn’t call, he never will”)

2) Over-generalizing about your life: Over-generalizing from the specific loss or disappointment to all areas of their life (“I can’t do anything”; “Everything bad always happens to me”)

3) Either/or thinking about yourself: (“Either I’m beautiful or ugly”; “Either I’m accepted or I’m rejected”)
4) **Selective attention to the negative:** The “doom & gloom”/ “glass-half-empty” view (Jane focuses on the 5 items she missed on a 100-item exam and believes she is a failure).

5) **Disqualifying the positive:** (When evaluating her performance a mother refuses to include the fact that she gets her kids to school on time every day as evidence that she is a good mother because “I’m supposed to do that.”)
6) **Predicting the future:** Overly negative biased thinking can lead to distorted predictions (“I have had depression for so long, I will never feel better”, “That date didn’t go well, I will never find a partner”)

7) **Emotional reasoning:** Drawing conclusions from emotional experiences (e.g., a person who is afraid of elevators concludes on the basis of his fear reaction that elevators are dangerous)
8) **Personalization:** Drawing a conclusion about oneself from an event or situation that might have other meanings (“The fact that Jane turned me down for a date means that I’m a loser”)

9) **“Should” statements:** The error of translating one’s wishes and preferences into moral imperatives for oneself and others (“She should be on time. If not, then she’s not a professional person.” “I should always be perfect”)
10) **Catastrophizing**: Drawing erroneous conclusions that involve exaggerated, negative outcomes ("I failed that exam. That means I’ll fail out of graduate school")

11) **Mind reading**: Making inferences about another person’s thoughts or feelings without sufficient evidence ("My boss frowned at me today. This means that he wants to fire me")