

Cognitive Distortion	Description	Example	Solution
All or Nothing Thinking	Viewing everything in extremes with nothing being neutral	"I always fail" "She never cares about me" Keywords: <i>always, never, only, every, forever</i>	Look at the exceptions and think in percentages. If you think you always fail, look at the instances in your life where you haven't failed.
Overgeneralizing	Concluding that based on a single event, the negative experience will always happen	"Everyone always cancels, so I shouldn't bother to plan anything"	Look for the evidence against your conclusion. Have there been times people haven't cancelled? Have people expressed that they want to spend time with you?
Minimizing	Disregarding important feelings and experiences	"I don't have it as bad as her, so my experience/feelings don't matter"	Acknowledge your feelings as valid. All feelings are valid, and relativity has nothing to do with it. Consider your value and the facts.
Jumping to Conclusions/ Catastrophizing	Predicting a bad outcome of events in the future	"I'm going to fail" "They will reject me"	Look for the odds of your conclusion coming true and look for evidence against your prediction. Has this happened before? Is your prediction reasonable?
Mental Filtering/ Disqualifying the Positive	Only paying attention to certain types of evidence or not acknowledging the good things	"I did better on this test, but I still didn't get an A" "It doesn't matter that I graduated, I still can't find a job"	Make a list of facts and positives and re-read this list regularly. Consider what is going well and focus on that.
Should-ing	Believing inflexible rules about how you or others should act	"She should help me" "I shouldn't feel this way" "It's not fair" Keyword: <i>should</i>	Be realistic and flexible with your expectations. Replace "should" with "it would be nice," or "I am trying." Don't "should" on yourself or other people.
Emotional Reasoning	Assuming that because you feel a certain way, it must be reality	"I am anxious, so I must be in danger" "I am worried, so I'm not ready for the test" "I am not motivated, so I am lazy"	Remind yourself that your feelings are not facts and look for evidence of that. Did you study and therefore are as prepared for your test as you can be?
Mind Reading	Assuming others are thinking negatively about you	"He hates me" "They are laughing at me" "She is trying to make me look bad"	Look for other explanations and identify the likelihood of your conclusions.
Personalization	Blaming yourself or others for things that are out of your control	"It's my fault he cheated" "It's his fault I hit her" "I am mean because of them"	Remind yourself that you can't control what other people do, but you have full control over how you react to it and think about it.
Labeling	Using negative labels for yourself or other people	"I am fat" "She is stupid" "He is useless"	Stay away from negative adjectives. It's not helping anyone and it's most likely not true.