

let's *THERAPIZE* that shit !!!

# Cognitive Distortions

(adapted from [TherapistAid.com](https://www.therapistaid.com))

## Assuming

- **Overgeneralization** = Make broad interpretations from a single or few events.
  - **Global labeling** = Taking a single attribute and turning it into an absolute. An extreme form of overgeneralization.
- **Discounting the positive** = Noticing the positives but dismissing them as having no value.
- **Filtering** = Draining/straining all positives from situation and focusing on negatives exclusively.
- **Magnification or minimization** = Exaggerating or minimizing the importance of events.
  - **Catastrophizing** = Seeing only the worst outcomes of a situation. A type of magnification or minimization.
- **Jumping to conclusions** = Interpret an event/situation negatively without evidence to support that conclusion.
  - **Mind Reading** = Interpreting thoughts/beliefs of others without adequate evidence.
  - **Fortune Telling** = Expectation of how the situation will turn out without adequate evidence.

## Personalization & blame

- **Personalization** = Leads me to believe I'm responsible for events that are outside of my control.
- **Always being right** = I see my opinions as facts.
- **Blame** = Making others responsible for how I feel.
- **Change fallacy** = Expecting other people to change to fit my needs.

## Should statements

- **Should/must statements** = Subjective rules I set for myself and others about how things should be.

## Emotional reasoning

- **Emotional reasoning** = Leads me to believe that the way I feel is a reflection of reality.

## Comparison

- **Comparison** = Comparing part of my situation to another's which I don't really know.

## All-or-nothing thinking

- **All-or-nothing / Polarizing / Black and white thinking** = Organizes thoughts into either/or categories. Does not allow nuance or both/and thinking.

## What if

- **What if?** = Repetitively asking myself questions about what might happen.