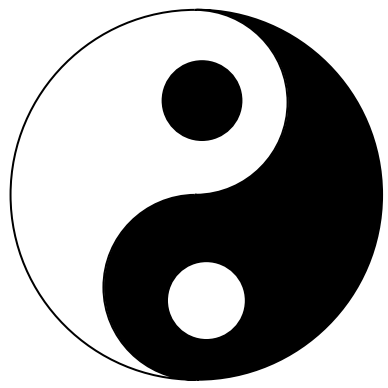


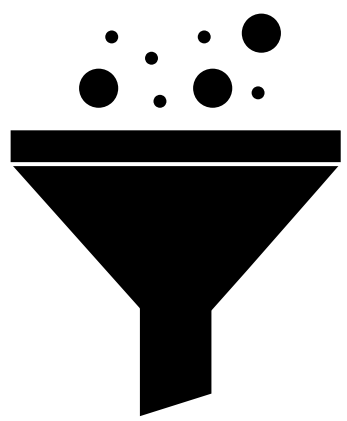
# 7 Cognitive Distortions

Common distortions that influence your thinking patterns



## POLARIZED THINKING

When you have an "all-or-nothing" or "black and white" thinking pattern. Desire to be perfect or you are a complete failure.



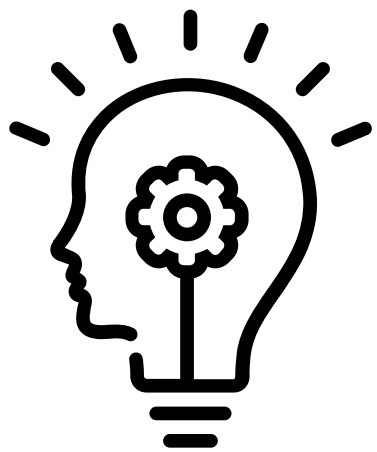
## MENTAL FILTERING

### Negative Mental Filtering

Focuses on the negatives of a situation and filters out positives. Negative details are magnified.

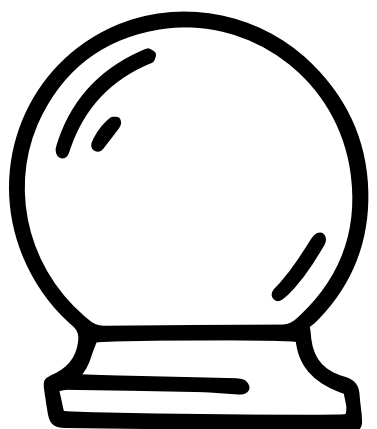
### Disqualifying the Positive

Acknowledges positives but refuses to accept them. Finds excuses to turn it into a negative one.



## OVERGENERALIZATION

Focuses on a single event and makes a conclusion based on a single piece of negative evidence. Incorrectly conclude all similar events going forward will result in the same negative experience.



## JUMPING TO CONCLUSIONS

### Mind Reading

Know what others are thinking. Assumptions of their intentions occur with no evidence.

### Fortune Telling

Making conclusions and predictions with no evidence it will have negative outcomes.



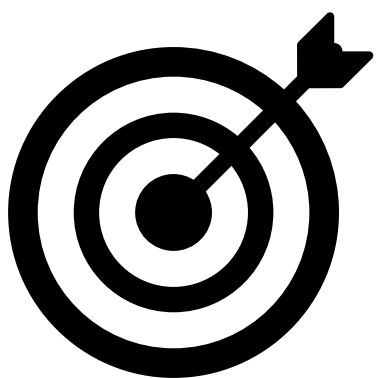
## CATASTROPHIZING

### Magnification

Over exaggeration, which leads to worries escalating to the worst-case scenario.

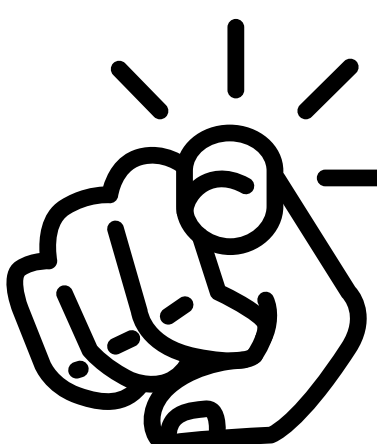
### Minimization

Minimizing positive experiences. The importance of positive qualities are diminished.



## PERSONALIZATION

Takes things personally, which causes a direct and personal reaction to what others do or say, even if it is unrelated. Assuming you have been intentionally excluded or targeted.



## BLAMING

Blaming others, playing a victim role, and holding others responsible for their pain. Blame is external rather than blaming self or taking some responsibility.