
COGNITIVE DISTORTIONS

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1. **FILTERING:**
You take the negative details and magnify them while filtering out all the positive aspects of a situation.
2. **POLARISED THINKING:**
Things are black and white, good or bad. You have to be perfect or you are a complete failure. There is never any middle ground, and it is all your fault.
3. **OVERGENERALISATION:**
You come to a general conclusion based on a single incident or piece of evidence. If something bad happens ONCE, then you expect it to happen over and over again. ('Failure' thinking instead of false start' thinking)
4. **MIND READING:**
Without their saying so, you know what people are feeling and why they act as they do. In particular, you are able to "foretell" how people are feeling toward you without ever checking it out.
5. **CATASTROPHISING / AWFULISING:**
You actually expect disaster. You notice or hear about a problem and start with your, "What if's?" What if tragedy strikes? What if it happens to me? (Very self limiting, and is often a self-fulfilling prophecy.)
6. **CONTROL FALLACIES:**
If you feel externally controlled, you see yourself as helpless, a victim of fate... The fallacy of internal control has you responsible for all the pain and happiness of everyone around you.
7. **PERSONALISATION:**
Thinking that everything people do or say is some kind of reaction to you. You always compare yourself with others, trying to determine who is better, smarter, better looking etc. (Endless).
8. **FALLACY OF FAIRNESS:**
You feel resentful because you think you know what's fair but other people will never agree with you.