

9. **BLAMING:**

You hold other people responsible for your pain, or take the other direction and blame yourself for every problem or reversal.

10. **SHOULD / MUSTS / HAVE TO'S / OUGHTS:**

You have internalised a list of ironclad rules and regulations about how you and others should act. People who break these rules anger you, and you feel guilty if you violate the rules.

11. **EMOTIONAL REASONING**

You believe that what you feel **MUST** be true -- automatically, if you **FEEL** stupid and boring, then you must **BE** stupid and boring.

12. **FALLACY OF CHANGE:**

You expect that other people will change to suit you if you just pressure or cajole them enough. You need to change people because your hopes for happiness seem to depend entirely on them, instead of being the change you want others to be.

13. **GLOBAL LABELLING:**

You generalise one or two qualities into a negative global judgment.

14. **BEING RIGHT:**

You are continually on trial to prove that your opinions and actions are correct. Being wrong is unthinkable and you will go to any length to demonstrate your rightness.

15. **HEAVEN'S REWARD FALLACY:**

You expect all your sacrifice and self denial to pay off, as if there were someone keeping score. You feel bitter, resentful and cheated when the reward does not come. Emotional blackmail.

THE ABOVE CAN BE SUMMED UP GENERALLY UNDER THREE MAIN FORMS OF COGNITIVE DISTORTIONS:

1. AWFULISING (See 5)
2. TYRANNY OF THE SHOULD (See 10)
3. SELF OR OTHER PUT-DOWNS (See many above)