

Cognitive Distortions (thinking errors)

1. **Filtering:** neglecting information that does not agree with a current belief or conclusion - "disqualifying the positive" .
2. **All or Nothing Thinking:** things are good or bad, you have to be perfect or you are a failure, there is no middle ground.
3. **Jumping to Conclusions/Mind Reading:** making a conclusion based upon a single incident, or a small amount of information, or jumping to conclusions about what other people are thinking, feeling, or why they do what they do.
4. **Labeling/Mislabeling:** turning one or two qualities into a negative label, mislabeling is to label an person or event with highly colorful or emotionally charged words.
5. **Should Statements:** ironclad rules that lead to judgement of oneself or others and deny people the opportunity to examine the value and meaning of personal choices.
6. **Catastrophizing:** expecting the worst, or bad things to happen -includes both "magnification" or making things worse than they are, and "minimizing" or ignoring the seriousness of a situation because it seems too difficult.
7. **Victim Stance/Personalization:** thinking that other people's actions are directed against you, or comparing yourself to others.
8. **Blaming/Control Fallacies:** 1) external control fallacy (blaming problems on others) says you are a victim if you are subject to outside forces - leads to attempts to control or change others to suit you, 2) internal control fallacy (blaming self for other people's problems) says you are responsible for the pain and happiness of those around you - leads to trying to please others in order to find happiness.
9. **Fallacy of Fairness:** feelings of resentment because your expectations for fairness are not met (keeping score), including "heaven's reward" fallacy of bitterness and resentment when sacrifice and self-denial do not pay off later.
10. **Emotional Reasoning:** believing that what you *feel* must be true when, in fact, feelings are often misleading.
11. **Being Right:** going to great lengths to prove that your opinions and actions are correct, refusing to admit that you are wrong.
12. **Objectifying:** ignoring other people's feelings, treating another person like an object instead of a person.
13. **Deflecting:** shifting the focus onto someone or something else because you wish to avoid dealing with an issue.
14. **Compartmentalizing:** placing issues and problems into compartments in attempt keep them separate, thereby creating a context in which to get away with inappropriate behavior.