📅 Event/Situation
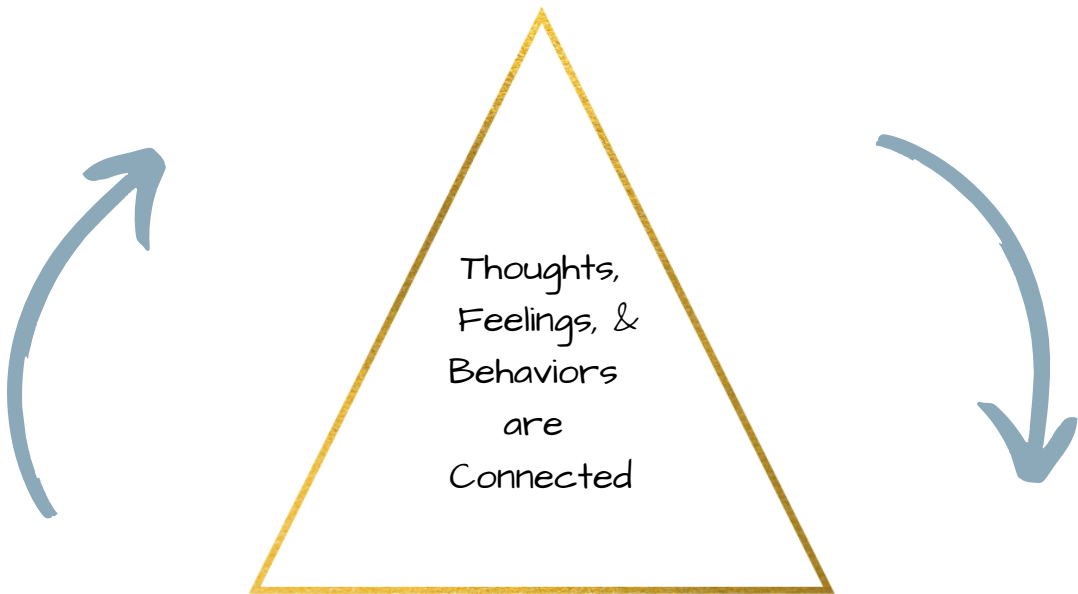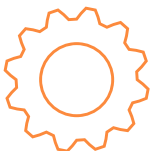
Thoughts ☁️

Thoughts,
Feelings, &
Behaviors
are
Connected

Behavior

Feelings

Cognitive Distortions

<u>All-or-nothing thinking</u>: *"If I don't pass this test. I'll fail at everything."*

<u>Catastrophizing (fortune-telling)</u>: *"I'm going to embarrass myself during the presentation. Everyone will laugh".*

<u>Disqualifying/discounting the positive</u>: *"My review went well but it's only because they feel bad for me".*

<u>Emotional reasoning</u>: *"I feel jealous. My partner must be cheating".*
<u>Labeling</u>: *"I'm a loser."*

<u>Magnification/minimization</u>: *"Getting a small raise proves how incompetent I am. Getting straight As doesn't mean I'm smart."*

<u>Mental filter (selective abstraction)</u>: *"I had a good evaluation but my manager said I had room for improvement. I'll probably be fired".*

<u>Mind reading</u>: *"She thinks I'm not qualified for this position."*

<u>Overgeneralization</u>: *"No one knows what they are doing around here".*

<u>Personalization</u>: *"If I'd called earlier he wouldn't have been in an accident."*

<u>Should/must statements</u>: *"I shouldn't make mistakes. I should always do my best."*

<u>Tunnel vision</u>: *"My husband doesn't do anything right. He's selfish, mean, and a terrible parent".*