



Common Cognitive Distortions

COGNITIVE DISTORTIONS ARE LIKE TRICKS OUR BRAIN PLAYS ON US, MAKING US THINK THINGS THAT AREN'T REALLY TRUE.

All-or-Nothing Thinking:	This is like saying if you don't win a game, you're a total loser. But that's not true! Sometimes you win, sometimes you lose, and it's okay.
Overgeneralization:	Imagine you make a mistake in math class and then think you're bad at all subjects. That's like saying if you trip once, you'll always fall down. But one mistake doesn't mean you're bad at everything!
Mental Filter:	This is like only seeing the cloud on a sunny day. You forget about the sun and think it's a gloomy day. If you only think about the bad things and forget the good, that's using a mental filter.
Discounting the Positive:	This is like getting a bunch of nice comments and one mean one, but you only think about the mean one. It's important to remember the nice things too!
Jumping to Conclusions:	Mind Reading: Like thinking someone doesn't like you without them saying anything. It's like guessing someone's favorite color without asking. Fortune Telling: This is when you think something bad will happen before it does, like being sure you'll fail a test before you even take it.



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Catastrophizing or Minimization:	This is when you make a big deal out of small problems (like a tiny scratch on a toy seems like it's totally broken) or make a big thing seem small (like saying it's no big deal if you break someone's favorite toy).
Emotional Reasoning:	This is like thinking because you feel scared, there must be something scary. But just because you feel something doesn't make it true. Sometimes we feel scared or sad even when everything is okay.
Should Statements:	This is when you tell yourself things should be a certain way, like "I should always get perfect grades." But that's a lot of pressure! It's okay not to be perfect.
Labeling and Mislabeling:	This is like calling yourself a loser because you made a mistake. It's not fair to label yourself or others based on one thing.
Personalization:	This is when you think everything others do is about you. Like if a friend is grumpy, you think it's because of you, but maybe they just had a bad day.