

# Types of Cognitive Distortions

## 1. **Jumping to Conclusions**

Making judgments before you know all the information or making judgments before considering all the information. There are **3** kinds of jumping to conclusions.

- Mindreading: Believing someone has an opinion of you without checking it out with him or her.
- Fortune Telling: Predicting that things will turn out badly in the future.
- Catastrophizing: Expecting the worst to happen or when something bad does happen, believing it is absolutely the worst thing that could occur.

## 2. **Discounting & Filtering**

Paying a lot of attention to negative events, neglecting positive experiences, or rejecting positive experiences by saying they don't count or mean anything.

## 3. **Should Statements**

These are very strict rules you set for yourself and others. They work against self-accepting others. Guilt is often associated with "should" applied to yourself and anger/resentment is connected with should statements applied to others.

## 4. **Personalization & Self Blame**

You see yourself as the total cause of something bad happening, when in fact, you had nothing or very little to do with it.

## 5. **All or Nothing Thinking**

These beliefs frequently include absolutes and extreme rules or categories. Often words such as always, never, completely, totally, and perfectly are used. There are two types of all or nothing thinking.

- Generalization: Believing that if something is true one instance, it is true for all instances and viewing a single negative event as an example of continuous, total, never-ending patterns. Drawing big conclusions from small amounts of information.
- Labeling and Blaming: This is a form of name calling which is projected at another person. (For example: Paul is a jerk.) It also includes blaming other for all of your problems or taking no responsibility for yourself.

## **6. Emotional Reasoning**

Basing your judgement, decisions, and conclusions, exclusively on your feelings. Guilt, hopelessness, anger, and anxiety often contribute to emotional reasoning. Remember, the things that makes emotional reasoning a form of a twisted thinking is that feelings change so the decisions and judgments you make when you are feeling very stressed are not the same as when you are not stressed.