

DISTORTED THINKING

1. **All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
2. **Overgeneralization:** You view a negative event as a never-ending pattern of defeat.
3. **Mental filter:** You dwell on the negatives and ignore the positives.
4. **Discounting the positives:** You insist that your accomplishments or positive qualities don't count.
5. **Jumping to conclusions:** You conclude things are bad without any definite evidence.
 - a) **Mind reading:** You assume that people are reacting negatively to you.
 - b) **Fortune telling:** You predict that things will turn out badly.
6. **Magnification or minimization:** You blow things way out of proportion or you shrink their importance.
7. **Emotional reasoning:** You reason how you should feel: "I feel like an idiot, so I must be one."
8. **"Should" statements:** You criticize yourself or other people with "shoulds", "shouldn'ts", "musts", "oughts", and "have-tos".
9. **Labelling:** Instead of saying "I made a mistake", you tell yourself, "I'm a jerk" or "a loser".
10. **Blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that you contributed to a problem.