

Cognitive Distortions

(Beck, 1972; Burns, 1980)



Personalization or Blame

Holding yourself personally responsible (or blame others) for something that is not entirely under your (or their) control (i.e. you assume you are a bad mother when your child gets in trouble at school).



"Should" Statements

Focusing on how things **should** be based on expectation (i.e. you beat yourself up because you **should** not have made so many mistakes during a presentation).



Emotional Reasoning

Assuming that your negative emotions reflect the truth (i.e. you're feeling angry so this proves you must have been treated unfairly).



Magnification or Catastrophizing

Imagining an unfavourable outcome to a situation and believing this outcome will most likely occur (i.e. you get a 'we need to talk' text message and right away start to imagine the worst possible news)



Fortune Telling

Jumping to conclusions by predicting that things will turn out badly (i.e. you are going through depression and tell yourself, 'I'll never get better').

Mental Distortions

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