Faulty Thinking: 15 Cognitive Distortions

- Filtering
  Focusing solely on the negative and ignoring all the positive.

- Polarized thinking
  Black and white thinking, not seeing the grey.

- Overgeneralization
  Assuming all experiences and people are the same, based on one negative experience.

- Catastrophizing
  Assuming the worst case scenario, magnifying the negative and minimizing the positive.

- Control fallacies
  Thinking everything that happens to you is either all your fault or not at all your fault.

- Blaming
  Pointing to others when looking for a cause of any negative event, instead of looking at yourself.

- Jumping to conclusions
  Being convinced of something with little to no evidence to support it.

- Personalization
  Believing that you are at least partially responsible for everything bad that happens around you.

- Fallacy of fairness
  Being too concerned over whether everything is fair.

- Shoulds
  Holding tight to your personal rules on how people ought to behave.

- Emotional reasoning
  Believing "If I feel it, it must be true!"

- Fallacy of change
  Expecting others to change to suit your needs or desires.

- Global labeling / mislabeling
  Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.

- Heavens' reward fallacy
  Believing that any good act on your part will be repaid or rewarded.

- Always being right
  Believing that it is absolutely unacceptable to be wrong.

Unraveling cognitive distortions
Become aware of the distortions you are likely to be vulnerable of.

Cognitive restructuring
Challenge your harmful or destructive beliefs and restructure them.

Exposure and response prevention
Expose yourself to whatever it is that normally provokes a compulsive behavior.

Interoceptive exposure
Exposure yourself to sensations you are afraid of and recognize they are not dangerous.

Nightmare exposure and rescripting
Identify the emotion caused by a nightmare and cultivate a new emotion to replace it.

Play the script until the end
Finish a worst case scenario in your head to see that everything will likely turn out okay.

Progressive muscle relaxation
Relax one muscle group at a time until your whole body is in a state of relaxation.

Relaxed breathing
Bring regularity and calm to your breath and create a sense of balance.
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