



FREE

COGNITIVE DISTORTIONS

Checklist

1

ALL OR NOTHING

2

OVERGENERALIZING

3

CATASTROPHIZING

4

DISCOUNTING
POSITIVES

5

MIND READING

6

MAGNIFICATION
MINIMIZATION

7

EMOTIONAL
REASONING

8

"SHOULD"
STATEMENTS

9

LABELING

10

PERSONLIZING
TAKING BLAME



Anxiety & OCD
Counseling Clinic

COGNITIVE DISTORTIONS

- 1. All or Nothing Thinking:** You see things as absolute, black or white.
- 2. Overgeneralization:** You apply an extreme belief, based on a single event, in an inappropriate way to dissimilar events and settings.
- 3. Catastrophize:** You're quick to believe absolute worst case or outcome or most scenario. You make conclusions without supporting or relevant evidence.
- 4. Discounting Positives:** You discredit your accomplishments and or positive qualities and believe your successes don't count.
- 5. Mind Reading:** You jump to conclusions about what people may be thinking and most likely assume they are reacting negatively to you when there is no supporting evidence.
- 6. Magnification Minimization:** You either give something too much importance or significantly reduce the level of importance inappropriately.
- 7. Emotional Reasoning:** You justify things based on the way you feel. "I feel like a bad person, so I must really be a bad person." "I don't feel I can do something, so I must not be able to."
- 8. "Should" Statements:** You criticize yourself and others with words like "should" "shouldn't" "must" "have to" "ought to."
- 9. Labeling:** You associate yourself with your shortcomings and identify with your limitations. Instead of saying "I made a mistake" and moving on from that, you label yourself as "stupid" "foolish" a "failure"
- 10. Personalizing | Taking Blame:** You believe what others say or do is directed towards you. You take responsibility for things outside of your control or blame other people and don't consider the role you played in the situation.