

CHECKLIST OF COGNITIVE DISTORTIONS

1. **All-or-nothing thinking:** You restrict possibilities and options to only two choices: yes or no (all or nothing).
2. **Over generalization:** You view a single, negative event as a continuing and never-ending pattern of defeat.
3. **Negative Mental filter:** You dwell mostly on the negatives and generally ignore the positives.
4. **Discounting the positives:** You insist your achievements or positive efforts do not count.
5. **Jumping to conclusions:**
 - A. **Mind-reading:** You assume that people are reacting negatively to you without any objective evidence.
 - B. **Fortune-Telling:** You predict that things will turn out badly without any objective evidence.
6. **Magnification or minimization:** You blow things way out of proportion or minimize their importance.
7. **Emotional reasoning:** You base your reasoning from your feelings: "I feel like a loser, so I must be one."
8. **"Mustabatory thinking" or "Shoulding All Over Yourself":** You criticize yourself or other people with "musts," "shoulds," "oughts," and "have tos."
9. **Labeling:** Instead of saying "I made a mistake," you tell yourself "I'm an idiot" or "I'm a loser."
10. **Personalization:** You blame yourself almost completely for something for which you were not entirely responsible.

Adapted from Feeling Good by David D. Burns, MD.