

# Question Your Thoughts

## *Cognitive Distortions*

**Cognitive Distortions** are categories of inaccurate and unhelpful thinking patterns that can lead to a host of unwanted emotions, physical discomforts and unhealthy behaviors.

Do any of these sound familiar to you?

Distortion	What is it?	Example
All-or-nothing thinking	Thinking in absolute terms, often using all, none, always, never, everyone, no one	“No one understands me.” “I’ll never reach my goal.”
Mindreading	Assuming you know what others are thinking without having adequate evidence of their thoughts	“He thinks I’m such a loser.” “She doesn’t think I can do this.”
Fortunetelling	Predicting the future negatively: expecting bad things to happen	“Things are just going to get worse.” “He’s not going to call me.”
“Should” thinking towards yourself	Passing judgment about yourself by using the term “should” rather than simply stating objective facts	“I should be better at this.”
“Should” thinking towards others	Passing judgment about others by using the term “should” rather than simply stating objective facts	“I should be better at this.”
Blaming	Placing all responsibility on others while failing to acknowledge any role you or someone else may have had	“It’s all his fault we got divorced.”
Personalizing	Placing all responsibility on yourself while failing to acknowledge any role you or someone else may have had	“It’s all my fault the project failed.”