

## COGNITIVE BEHAVIOR THERAPY

- **RECOGNIZE** automatic and negative thoughts
- **RECONSTRUCT** to more realistic thoughts
- \* **REPEAT** indefinitely

### **Cognitive Distortion: Negative and Inaccurate**

**All or nothing** – all good, all bad; total failure, total success;

#### **Selective Abstraction**

A conclusion is drawn after looking at only part of the available information. Salient data are screened out in order to confirm a biased and negative view.

**Arbitrary Inference** – Just flat out wrong!!

A maladaptive conclusion is reached in the face of contradictory evidence or in the absence of evidence

#### **Overgeneralization**

A conclusion is made about one or more isolated incidents and then is illogically extended to cover broad areas of functioning.

#### **Magnification (or Minimization)**

The significance of an event, attribute or sensation is exaggerated or ignored

#### **Personalization**

External events are related to oneself when there is little to no basis for doing so. Excessive responsibility is taken for negative events

#### **Mental Filter**

Similar to overgeneralization, the mental filter distortion focuses on a single negative and excludes all the positive.

The mental filter can foster a negative view of everything around you by focusing only on the negative.

#### **Disqualifying the Positive**

On the flipside, the “Disqualifying the Positive” distortion acknowledges positive experiences but rejects them instead of embracing them

#### **Jumping to Conclusions – Mind Reading**

This “Jumping to Conclusions” distortion manifests as the inaccurate belief that we know what another person is thinking

#### **Jumping to Conclusions – Fortune Telling**

A sister distortion to mind reading, fortune telling refers to the tendency to make conclusions and predictions based on little to no evidence and holding them as gospel truth

#### **Emotional Reasoning**

I feel it, therefore it must be so

#### **Should Statements**

Another particularly damaging distortion is the tendency to make “should” statements. Should statements are statements that you make to yourself about what you “should” do, what you “ought” to do, or what you “must” do. They can also be applied to others, imposing a set of expectations that will likely not be met. When we hang on too tightly to our “should” statements about ourselves, the result is often guilt that we cannot live up to them. When we cling to our “should” statements about others, we are generally disappointed by the failure of the others to meet our expectations, leading to anger and resentment.

#### **Labeling and Mislabeling**

These tendencies are basically extreme forms of overgeneralization, in which we assign judgments of value to ourselves or to others based on one instance or experience

### **Control Fallacies**

A control fallacy manifests as one of two beliefs: (1) that we have no control over our lives and are helpless victims of fate, or (2) that we are in complete control of ourselves and our surroundings, giving us responsibility for the feelings of those around us.

### **Fallacy of Fairness**

While we would all probably prefer to operate in a world that is fair, this assumption is not based in reality and can foster negative feelings when we are faced with proof of life's unfairness

### **Heaven's Reward Fallacy**

The "Heaven's Reward Fallacy" manifests as a belief that one's struggles, one's suffering, and one's hard work will result in a just reward. Sometimes no matter how hard we work or how much we sacrifice, we will not achieve what we hope to achieve.

### **Fallacy of Change**

Another fallacy distortion involves expecting others to change if we pressure or encourage them enough. This distortion is usually accompanied by a belief that our [happiness and success](#) rests on other people, leading us to believe that forcing those around us to change is the only way to get what we want.

### **Always Being Right**

Perfectionists and those struggling with Imposter Syndrome will recognize this distortion – it is the belief that we must always be right, correct, or accurate. With this distortion, the idea that we could be wrong is absolutely unacceptable, and we will fight to the metaphorical death to prove that we are right