Cognitive Distortion Types and Examples

**All or Nothing Thinking:** Black and white thinking

- You have a disagreement with your friend and you think to yourself: “that’s it; you’re not my friend anymore!”

**Overgeneralization:**

- You’re not picked for the basketball team and you think, “I’m no good at sports; I just can’t do anything!”

**Mental Filter:** You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened

- “I have a zit on my nose; now I’m ugly; everyone will think I’m a freak”

**Disqualifying the Positive:**

- You a pass a test and think, “I passed because it was so easy”

**Jumping to Conclusions**

- Mind Reading (e.g., “I bet everyone is laughing at me”)
- The Fortune Teller Error- you anticipate that things will turn out badly (e.g., “I know I’m not going to be able to do this work”)

**Magnification (Catastrophizing):**

- “I dropped my book and the whole class is laughing at me and no one will like me now because I’m a klutz”

**Minimization:**

- “Just because she sat with me one day doesn’t mean that she really likes me”

**Emotional Reasoning:** I feel it, therefore it must be true

- “I feel “dissed” by her so I know that she doesn’t like me”; “the teacher took a tone with me and made me feel ashamed”; “she hates me and everyone in the class thinks I’m an idiot... I just know they do because I feel it”.