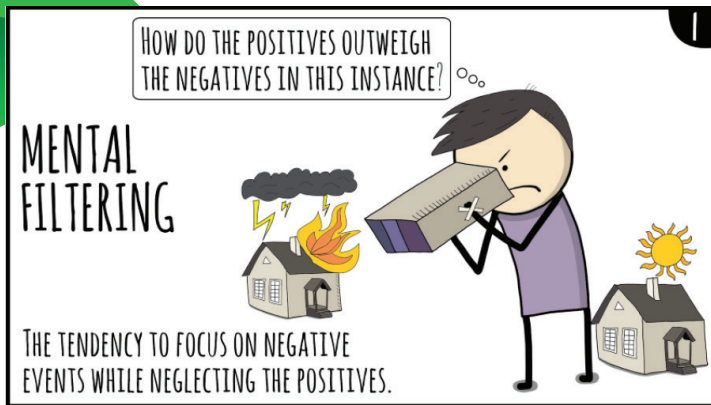


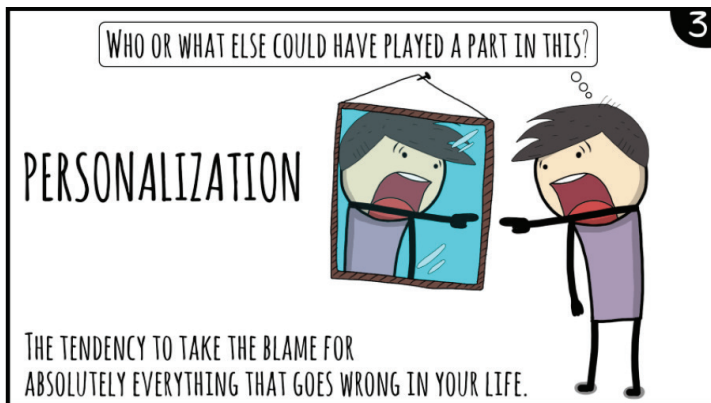
COGNITIVE DISTORTIONS



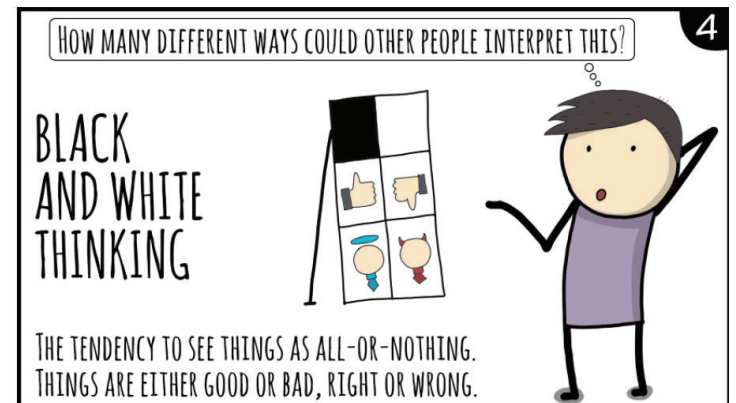
Mental filtering is when you only see the negative, while missing out on the positive



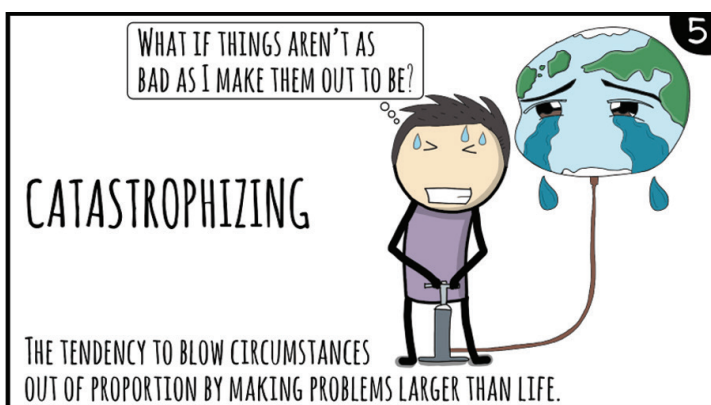
Jumping to conclusions is when you make assumptions without all the information.



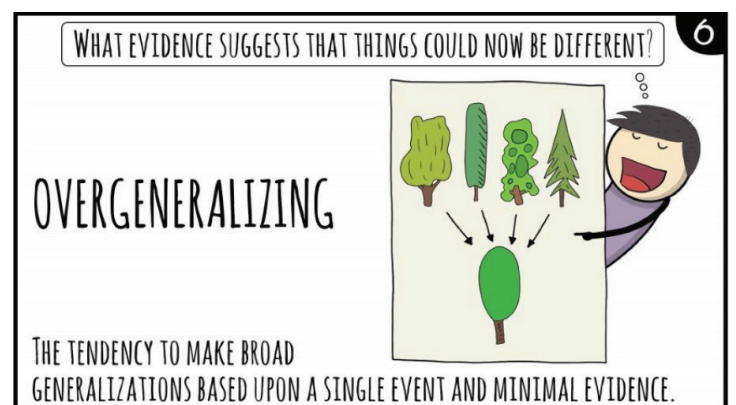
It's not always about you. Personalization is when you blame yourself for everything.



Life isn't black and white. When you can't see the middle ground, you've probably slipped into black and white thinking.



When your brain goes to the worst possible outcome, you're probably catastrophizing.



Overgeneralizing is when you have information about one thing and assume it pertains to an entire category.

COGNITIVE DISTORTIONS

7

WHERE'S THE EVIDENCE THAT THIS IS TRUE IN ALL SITUATIONS?

LABELING



THE TENDENCY TO MAKE GLOBAL STATEMENTS ABOUT YOURSELF OR OTHERS BASED UPON SITUATION SPECIFIC BEHAVIOR.

When you make broad statements about yourself or others based on individual behaviors, that's labeling. Like if you slip on the sidewalk and conclude that you are a hot mess.

8

MUST THINGS BE THIS WAY? IS THERE ANOTHER WAY TO DO THIS?

SHOULDING AND MUSTING




THE TENDENCY TO MAKE UNREALISTIC AND UNREASONABLE DEMANDS ON YOURSELF OR OTHERS.

Shoulding and musting happens when we think all people should live up to certain universal standards.

9

WHAT EVIDENCE SUGGESTS THAT HOW I'M SEEING THIS ISN'T ACCURATE?

EMOTIONAL REASONING




THE TENDENCY TO INTERPRET YOUR EXPERIENCE BASED UPON HOW YOU'RE FEELING IN THE MOMENT.

Emotional reasoning is when you think your feelings reflect everyone's reality.

10

WHAT IF I BELIEVED THAT I WAS DESERVING AND CAPABLE?

MAGNIFICATION AND MINIMIZATION



THE TENDENCY TO MAGNIFY THE POSITIVE ATTRIBUTES OF ANOTHER, WHILE MINIMIZING YOUR OWN.

Magnification is when you exaggerate other people's strengths, while minimization is when you downplay your own strengths and attributes.

