COGNITIVE DISTORTIONS ⛈

Cognitive distortions are the ways that our mind chooses to believe what is true and what is not. As the word distortions goes, it is inaccuracy in thinking and as a result presents information we are exposed to in the wrong manner, indirectly creating negative experiences. The first step is to gain an understanding of what cognitive distortions are there and then the next more important step is to acknowledge and recognize them when they are applied by us. Cognitive distortions must be replaced intentionally by conscious, clear, balanced and rational thinking.

A list of the Top 10 Cognitive Distortions

All or Nothing Thinking 🔨	Using black and white, right or wrong and nothing in between lenses to view all situations. A failure however small is deemed as complete loss. I didn't make it to the team, I am completely useless. I didn't do well on the math test, I am not good at math.
Overgeneralization ⚙	Coming to a general conclusion based on a single incident, event or experience. Example: My friend Amy betrayed my trust, I am no longer trust others.
Catastrophizing (Minimizing or Magnifying) 🔍	Viewing situations, people and events more dramatically and with more exaggeration than is necessary and appropriate. Example: My tooth is crooked, so people will think I am ugly.
Shoulds and Must 📌	By using these would Should or Must the person is activating an unwanted level of rules to the behavior in question. By using the word *should*, a person is likely to feel guilty upon not completing the action or not meeting the expectation. I should finish this project by the end of the day.
Labelling 😞	Attaching negative labels to one self or others. There is an unnecessary load of emotional language in the what is said. Example: I didn't win the game, I am such a *loser*.
Jumping to Conclusions ↩	This can be in the form of Mind-reading and Negative Predictions Mind-Reading: Making wrong and negative assumptions about what another person might be thinking without evidence or factual support to back it up. Why did I say that, now he is going to think I am a total idiot. Negative Predictions: Making predictions about the future and events, without substantial evidence. I failed this interview, I will never find a job.
Discounting the Positive 🔥	Not acknowledging the positive in a situation and focusing only on the negatives. Dismissing all importance of the positive elements as completely irrelevant. I didn't do anything, I am sure anyone could have done that.
Blame and Personalization 👉	Blame is when everything is someone else's fault. Personalization is when everything is my fault, and responsibility is taken even when it is not true. "Stop making me feel bad about myself!"
Emotional Reasoning 🎣	Here people base their assessments and conclusions based on how they feel about the situation, place or event. There is no rational thinking into the validity of their feeling. I feel so bad that I screamed at my child, I am a really bad parent.
Mental Filter ✂	Dwelling or focusing on a negative detail or fact that deems to spoil everything about an experience, undue attention on a single insignificant detail. My performance review had one negative comment, I am doing a really bad job.