

Cognitive Distortions/ Stinky Thinking Patterns:

Learning to recognize these thought patterns is the first step!

1. **Overgeneralization:** You see a single event as a never-ending pattern of defeat. (This will never end!)
2. **Magnification and Minimization:** You magnify/amplify your mistakes or the importance of certain problems and shortcomings and minimize your good qualities and achievements. You are harsh in your self-assessment.
3. **All or Nothing Thinking:** You see situations in absolute terms such as “always”, “never”, or “every”. If a situation is anything less than perfect, you see it as a complete failure.
4. **Selective Attention/Mental Filter:** You have a mental filter or tunnel vision and almost exclusively focus on the negatives or the possibility of a threat. You rarely notice the positives. One negative appraisal can easily outweigh all the positive ones you have ever received.
5. **Negative Predictions:** You predict the future, and it is a negative prediction.
6. **Mind-reading:** You jump to conclusions or assume that you know what other people are thinking without having adequate evidence of their thoughts. You interpret things negatively without fact to support your conclusions.
7. **Shoulds and Oughts:** You focus on what you feel you “should” or “ought” to be doing, rather than accepting things for how they actually are. You are “shoulding” all over yourself. Example you ‘should’ be exercising more, but you can’t.
8. **Labelling:** You see yourself or others in terms of global negative traits. For example instead of saying I made a mistake, or I made a poor choice there...you say, “I’m dumb” or “I’m stupid”.
9. **Personalization and Blame:** You hold yourself personally responsible for events that are not under your control, or you attribute a disproportionate amount of blame and responsibility to yourself. You do not acknowledge that other people may also be responsible for certain situations.
10. **Catastrophizing:** Believing that something is far worse than it is, or that things will end far worse than is reasonably expected.
11. **Jumping to Conclusions:** Expecting that a dreaded outcome is extremely likely.
12. **Emotional Reasoning:** You assume that your negative emotions reflect the way things really are. Ex. I feel guilty, angry, annoyed therefore I must be guilty or terrible etc.
13. **Control Fallacies:** Believing or feeling that you are responsible for bad things that happen to other people. (Like you are jinxed)
14. **Magical Thinking:** Believing you have control over things that you simply do not.