Faulty Thinking: 15 Cognitive Distortions

1. **Filtering**
   - Focusing solely on the negative and ignoring all the positive.

2. **Polarized thinking**
   - Black and white thinking, not seeing the grey.

3. **Overgeneralization**
   - Assuming all experiences and people are the same, based on one negative experience.

4. **Catastrophizing**
   - Assuming the worst case scenario, magnifying the negative and minimizing the positive.

5. **Control fallacies**
   - Thinking everything that happens to you is either all your fault or not at all your fault.

6. **Blaming**
   - Pointing to others when looking for a cause of any negative event, instead of looking at yourself.

7. **Jumping to conclusions**
   - Being convinced of something with little to no evidence to support it.

8. **Personalization**
   - Believing that you are at least partially responsible for everything bad that happens around you.

9. **Fallacy of fairness**
   - Being too concerned over whether everything is fair.

10. **Shoulds**
    - Holding tight to your personal rules on how people ought to behave.

11. **Emotional reasoning**
    - Believing “If I feel it, it must be true!”

12. **Fallacy of change**
    - Expecting others to change to suit your needs or desires.

13. **Global labeling / mislabeling**
    - Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.

14. **Heavens’ reward fallacy**
    - Believing that any good act on your part will be repaid or rewarded.

15. **Always being right**
    - Believing that it is absolutely unacceptable to be wrong.

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**Journaling**
- Gathering data about your moods, their source/intensity, and your responses to them.

**Unraveling cognitive distortions**
- Become aware of the distortions you are likely to be vulnerable of.

**Cognitive restructuring**
- Challenge your harmful or destructive beliefs and restructure them.

**Exposure and response prevention**
-Expose yourself to whatever it is that normally provokes a compulsive behavior.

**Interoceptive exposure**
- Exposure yourself to sensations you are afraid of and recognize they are not dangerous.

**Nightmare exposure and rescripting**
- Identify the emotion caused by a nightmare and cultivate a new emotion to replace it.

**Play the script until the end**
- Finish a worst case scenario in your head to see that everything will likely turn out okay.

**Progressive muscle relaxation**
- Relax one muscle group at a time until your whole body is in a state of relaxation.

**Relaxed breathing**
- Bring regularity and calm to your breath and create a sense of balance.

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**9 Essential CBT techniques and Tools**

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