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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5 Cognitive Behavioral Activities

1. **Mindfulness meditation**
   Taking a moment to firmly ground yourself in the present.

2. **Successive approximation**
   Breaking up large tasks into small steps to make it easier to accomplish.

3. **Writing self statements to counteract negative thoughts**
   Writing down the complete opposite of your automatic, negative thoughts.

4. **Visualise the best parts of your day**
   Bringing to mind all the positive things that you experienced today.

5. **Reframe your negative thoughts**
   Shift your focus from the negative to the positive.