Faulty Thinking: 15 Cognitive Distortions

Filtering
Focusing solely on the negative and ignoring all the positive.

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

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

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

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

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

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

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

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

Emotional reasoning
Believing “If I feel it, it must be true!”

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

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

Karma
Believing that any good act on your part will be repaid or rewarded.

Heavens’ reward fallacy
Believing that it is absolutely unacceptable to be wrong.