Cognitive Distortions List

- Black-and-White Thinking
- Overgeneralization
- Mental Filtering
- Disqualifying the positive
- Jumping to Conclusions
- Maximizing and Minimizing
- Emotional Reasoning
- Can’t, Shouldn’t and Mustn’t thinking
- Labeling and Mislabling
- Personalizing

My most common cognitive distortions:

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________