

# 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 Mislabeling
- Personalizing

My most common cognitive distortions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_