



COGNITIVE DISTORTIONS

EXAMPLES OF 15 COGNITIVE DISTORTIONS THAT INFLUENCES YOUR REALITY

1. POLARIZED THINKING

Stuck in an "All-or-Nothing" or "Black and White" mindset, it means believing things must be perfect, or else they're deemed total failure.

EXAMPLE:

A driven marketing executive interprets feedback as failure. She has a mindset of "If I don't succeed at everything, I'm a total failure."

2. MENTAL FILTERING

Negative Mental Filtering

Fixates on the negatives of a situation, ignoring the positives, they tend to amplify those negative aspects and ruminate on those feelings.

EXAMPLE:

Despite receiving praise, an employee dwells on one negative comment from their supervisor, feeling inadequate and doubtful, disregarding all the positive feedback.

Disqualifying The Positive

Recognizes the positive experiences but rejects them. Instead, he invalidates and disregards the positives while seeking excuses to reinterpret them as negatives.

EXAMPLE:

A successful professional often dismisses her career achievements. She believes they're due to luck or favorable circumstances.

3. OVERGENERALIZATION

Fixates on a singular event and draw conclusions solely from this negative occurrence. In doing so, they mistakenly assume that all similar events in the future will yield the same failure or negative outcome.

EXAMPLE:

A man, after experiencing one rejection in a job interview, concludes that he is unemployable and will never find a job.

4. CATASTROPHIZING

Magnification

Exaggeration of a thought, causing worries to escalate rapidly and envisioning the worst-case scenario.

EXAMPLE:

An employee imagines a minor mistake at work will lead to his immediate termination, envisioning the worst possible outcome.

Minimization

Minimizing positive experiences. The magnitude of importance for positive qualities is diminished

EXAMPLE:

A wife often ignores her achievements and positive qualities, considering them unimportant or undeserving of recognition.



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5. JUMPING TO CONCLUSIONS

Mind Reading

Assumes what the motives or intentions of others and regard their interpretation as the sole legitimate explanation.

EXAMPLE:

Husband assumes the wife is upset with him because she seems quiet, without asking her directly or considering other possible reasons for her behavior.

6. PERSONALIZATION

An individual tends to take things personally, leading to personal reactions to others' actions or words, even when unrelated to them.

EXAMPLE:

A daughter blames herself for her parents' divorce, believing that her behavior as a child caused their marital problems.

7. BLAMING

Blaming others for their problems. They tend to play a victim role and hold other people responsible for their pain.

EXAMPLE:

Husband blames his spouse for their marital issues, refusing to take any responsibility for his own actions or contributions to the problems they face.

8. LABELING

Assigning judgment to yourself or others based on one negative occurrence or incident. Instead of

recognizing you or others made a mistake, you attach a label that is exaggerated and is solely based on that single incident.

EXAMPLE:

A teenager habitually labels himself as "lazy" whenever he takes a break or rests.

9. ALWAYS BEING RIGHT

Always needs to be right. internalize their opinions as facts and will put others on trial to prove that their own opinions or actions are the correct ones. They will go to great lengths to demonstrate their belief.

EXAMPLE:

A team member consistently insists on his opinions and dismisses others' perspectives, refusing to entertain the possibility that he might be wrong.

10. SHOULD STATEMENTS

Imposes "should," "must," or even "shouldn't" statements on themselves or others, dictating expectations and standards. These rules creates a lot of pressure, setting up expectations that are unlikely to be fulfilled.

EXAMPLE:

A lady always believes that she "should" always excel in every aspect of her life and feels guilty when she doesn't meet them.



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11. EMOTIONAL REASONING

What they feel must be true in their mind. Emotions are perceived as facts because logical reasoning is disregarded. Incorrectly believing that the negative feeling triggered by their emotions is the sole truth.

EXAMPLE:

An executive believes that because he feels anxious about public speaking, he must be incompetent and incapable of giving a successful presentation.

12. CONTROL FALLACIES

External Control Fallacy

Life is entirely controlled by external factors, and destiny is predetermined.

EXAMPLE:

A husband blames external circumstances and people for his own failures and shortcomings, refusing to take responsibility for his actions and outcomes.

13. FALLACY OF CHANGE

Expects others to change according to their own preferences, believing that this change will lead to their own happiness.

EXAMPLE:

A team leader who constantly seeks to change others' behaviors and attitudes to meet his expectations, believing that his happiness depends on external circumstances rather than his own mindset and actions.

14. FALLACY OF FAIRNESS

believe that everything in life should adhere to principles of fairness and equality, but in truth, life doesn't always meet our expectations, leading to feelings of anger and resentment towards such situations.

EXAMPLE:

A competitive team player who constantly compares herself to others, believing that life should always be fair and that she should receive the same treatment and opportunities as everyone else, leading to feelings of resentment and bitterness when things don't go her way.

15. HEAVEN'S REWARD POLICY

Believes that your reward will be based on how hard you work. This results in feelings of frustration, anger, and resentment.

EXAMPLE:

A man coming from a financially challenged background thinks that if he works hard and follow all the rules, he'll automatically achieve success and happiness. He overlook the fact that life doesn't always work that way, as many things beyond their control can affect outcomes.