



thinking in
absolute
terms, like
"always,"
"never," or

ALL-OR-NOTHING THINKING

believing that
you or something
"should" be a
certain way

"SHOULD" STATEMENTS

seeing only the worst
possible outcomes
of a situation
rather than other
possibilities or what
is most likely]

CATASTROPHIZING

assuming how
you feel reflects
the way things
actually are

EMOTIONAL REASONING

COGNITIVE DISTORTIONS

unhelpful
thinking patterns
/ assumptions you
might be making
without evidence to
back them up!

PERSONALIZATION

believing you are
responsible for
things that are out
of your control

NEGATIVE FILTERING

only seeing the
negative aspects
of a situation and
discounting the
positive ones

JUMPING TO CONCLUSIONS

assuming the
thoughts of others
and/or assuming
things will go badly



THE WORLD IS MESSING UP YOUR LIFE ENOUGH,
NO NEED TO HELP IT OUT WITH IRRATIONAL THINKING!