



or „never“
like „always“
absolutes
thinking in

ALL-OR-NOTHING THINKING

certain way
„should“ be a
you or something
believing that

STATEMENTS „SHOULD“

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

CATASTROPHIZING

EMOTIONAL REASONING

JUMPING TO CONCLUSIONS

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



NEGATIVE FILTERING

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

PERSONALIZATION

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

COGNITIVE DISTORTIONS

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

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