Checklist of Cognitive Distortions*

1. **All-or-nothing thinking**: You look at things in absolute, black-and-white categories.

2. **Overgeneralization**: You view a negative event as a never-ending pattern of defeat.

3. **Mental filter**: You dwell on the negatives.

4. **Discounting the positives**: You insist that your accomplishments or positive qualities don’t count.

5. **Jumping to conclusions**:
   a) **Mind-reading**: You assume that people are reacting negatively to you when there’s no definite evidence;
   b) **Fortune-telling**: You arbitrarily predict that things will turn out badly.

6. **Magnification or minimization**: You blow things way out of proportion or you shrink their importance.

7. **Emotional reasoning**: You reason from how you feel: “I feel like an idiot, so I really must be one.”

8. **“Should statements”**: You criticize yourself (or other people) with “shoulds,” “oughts,” “musts” and “have tos.”

9. **Labeling**: Instead of saying “I made a mistake,” you tell yourself, “I’m a jerk,” or “a fool,” or “a loser.”

10. **Personalization and blame**: You blame yourself for something you weren’t entirely responsible for, or you blame other people and deny your role in the problem.

*Adapted from “Feeling Good: The New Mood Therapy” by David D. Burns, 1980.