MetroRelationship™

Cognitive Distortions
Clean Your Thinking, Increase Your Confidence

(Borrowed from *Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem* by Matthew McKay and Patrick Fanning)

Identify which ones are most prevalent in your thinking and your job is to clean up the dirty thinking by challenging the thought with a reality check…

Overgeneralization
From one isolated event, you make a general, universe rule. If you failed once, you'll always fail.
Key words: *never, always, all, every, none, no one, nobody, everyone, everybody*

Global labeling
You automatically use pejorative labels to describe yourself, rather than accurately describing your qualities.
Example: *I am failure, my degree is worthless, etc.*

Filtering
You selectively pay attention to the negative and disregard the positive.
Key words: *loss, gone, burnt, dangerous, unfair, stupid*

Polarized thinking
You lump things into absolute, black and white categories, with no middle ground.
Example: *If I can't be calm, I'm hysterical. You have to be perfect or you're worthless.*

Self-blame
You consistently blame yourself for things that may not really be your fault.
 Example: *God I'm so stupid, I'm sorry.*

Personalization
You assume everything has something to do with you, and you negatively compare yourself to everyone else.
Example: *Less smart than others, etc.*

Mind reading
You assume that others don't like you, are angry with you, don't care about you, and so on, without any real evidence that your assumptions are correct.
Example: *I just had a strong hunch, I just know, etc.*

Control fallacies
You either feel that you have total responsibility for everybody and everything, or feel that you have no control, that you are helpless victim.
Examples: *You're weak, you're hopeless.*

Emotional reasoning
You assume that things are the way you feel about them.
Examples: *You are what you feel.*