# Checklist of Cognitive Distortions *

1. **All-or-Nothing Thinking.** You look at things in absolute, black-and-white categories.
2. **Overgeneralization.** You view a single negative event as a never-ending pattern of defeat.
3. **Mental filter.** You dwell on the negatives and ignore the positives. This is like the drop of ink that discolors the entire beaker of water.
4. **Discounting Positives.** You insist your positive qualities don't count.
5. **Jumping to Conclusions.** You jump to conclusions not warranted by the facts.
   - **Mind-Reading.** You assume that people are reacting negatively to you.
   - **Fortune-Telling.** You predict that things will turn out badly.
6. **Magnification or Minimization.** You blow things way out of proportion or shrink them.
7. **Emotional Reasoning.** You reason from your feelings: "I **feel** like an idiot, so I must be one." Or "I **feel** hopeless. This means I'll **never** get better."
8. **Should Statements.** You criticize yourself or other people with "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
   - **Self-Directed Shoulds** lead to feelings of guilt and inferiority.
   - **Other-Directed Shoulds** lead to feelings of bitterness, anger and frustration.
   - **Hidden Shoulds** are rules and should statements that are implied by your negative thoughts.
9. **Labeling.** Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser."
10. **Self-Blame and Other-Blame.** You find fault instead of solving the problem.
    - **Self-Blame.** You blame yourself for something you weren't entirely responsible for.
    - **Other-Blame.** You blame others and overlook ways you contributed to the problem.

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