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Cognitive distortions are irrational, biased thought patterns that influence your perceptions, feelings, and behaviors. It's normal to experience these occasionally, but they can become problematic if they occur frequently.

Magnification and minimization: Exaggerating the importance of events or dismissing their significance—for instance, underestimating your successes while exaggerating your mistakes.

Catastrophizing: Automatically assuming the worst possible outcome.

Overgeneralization: Drawing broad conclusions from a single or a few events—such as feeling awkward during an interview and then assuming you're always awkward. "I always mess up at social gatherings."

The fairy-tale thinking: Demanding and expecting the ideal from life.

Magical thinking: Believing that your thoughts, actions, or feelings can directly influence unrelated events—like assuming that not expecting something bad will prevent it from happening. "If I hadn't hoped something bad would happen to him, he wouldn't have ended up in the hospital."

Personalization: Taking responsibility for events beyond your control, such as thinking you're to blame for someone else's distress. "My mom is always upset. She would be fine if I did more to help her."

Jumping to conclusions: Making assumptions about situations with minimal or no evidence.

Mind reading: Believing you know what others are thinking without sufficient proof. "She wouldn't go on a date with me. She probably thinks I'm ugly."

Fortune telling: Predicting negative outcomes for events without strong evidence.

Emotional reasoning: Letting your emotions dictate your interpretation of reality. "I feel like a bad friend, therefore I must be a bad friend."

Downplaying the positive: Focusing solely on negative details while overlooking positive aspects, even if there's ample positive feedback.

"Shoulds": Imposing strict, unrealistic standards on yourself, insisting that things must be a certain way.

All-or-nothing thinking: Viewing situations in absolute terms, using words like "always" or "never," which leads to a rigid perception of your actions or outcomes.

Unfavourable comparisons: Magnifying our faults and/or strengths of others and minimizing our strengths and/or faults of others.