

Checklist of Cognitive Distortions*

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

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