

Inability to de-confirm	Reject that evidence or argument that may contradict negative thoughts.	Faced with an ascent in the company, to think that it was for reasons other than its capacity.
Blame on others	Consider that other people are the origin or cause of your negative feelings and refuse to take responsibility for your own change.	"My husband is to blame for me not being able to study," "I'm like that because my parents weren't fond of me".

Can cognitive distortions be modified?

Indeed, cognitive distortions can be modified once they have been detected. In this way we can learn to think about what surrounds us more adaptively, making interpretations of reality that do not cause us such intense discomfort. That is, if we detect those thoughts that make us feel bad, we can learn to change them to **realistic** alternative thoughts that make us feel more positive emotions and therefore have more adaptive behaviors, that do not reinforce dysfunctional mental schemes.

For questions or concerns, discuss it with your doctor.

Educational Links (English):

- ❖ <https://healthypsych.com/psychology-tools-what-are-cognitive-distortions/>
- ❖ <http://psychcentral.com/lib/15-common-cognitive-distortions/>
- ❖ <http://www.goodtherapy.org/blog/20-cognitive-distortions-and-how-they-affect-your-life-0407154>
- ❖ https://www.apsu.edu/sites/apsu.edu/files/counseling/COGNITIVE_0.pdf
- ❖ http://www.smartrecovery.org/resources/library/Articles_and_Essays/Rational_Thinking/Cognitive_Distortions.pdf



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Educational Booklet: Cognitive Distortions

Cognitive distortions are those wrong ways we process information, that is, misunderstandings of what is happening around us, generating multiple negative consequences. People with depression have a vision of reality in which cognitive distortions play a major role.

To a greater or lesser extent, we can all present some kind of cognitive distortion sometime. Knowing how to detect and analyze them will help us to have a clearer mind, developing more realistic and above all positive attitudes.

Most common cognitive distortions:

Cognitive Distortions	Description	Examples
Read the mind	Without people saying anything, you assume that you know what others are thinking and that you have enough evidence of it.	"She thinks I'm unattractive", "He's upset with me", "She thinks I can't do it"
Guessing the future	The future is predicted in a negative sense, involving failures or dangers.	"I'll go wrong in the interview," "I'll never be able to get into college," "I'll be unhappy in marriage"
Catastrophizing	A disaster is expected. It is thought that what will happen will be terrible and unbearable and will not be able to face it. Here the affective aspect is involved: how bad you will feel if the event takes place.	"It would be terrible if she left me," "I can't bear to fail," "I'm going to be so nervous I won't be able to do anything"

Maximize/Minimize	An assessment of oneself, others or a situation is made and the negative is exaggerated or minimized.	"What I achieved has no great merit, anyone would have done it"
Label	Assign negative traits to yourself and others without considering that evidence may lead to less disastrous conclusions.	"I'm undesirable, He's an unreliable person," "I'm a loser"
Disqualify or set aside the positive	It is considered, in an unreasonable way, that the experiences, achievements or qualities of themselves or others, are worthless.	"She says she likes me because she's afraid of hurting my feelings."
Negative filter	Focus exclusively on negative details and rarely discover the positives.	"Our marriage is not right because yesterday we discussed" (Although it is the first discussion in months)
Negative overgeneralization	Come to a negative conclusion from a simple and unique incident.	"Because I got a bad grade on the exam, it means I'll fail the course"
All-or-nothing thinking	Extreme thoughts (white/black, good/bad). A situation is observed in two categories rather than considering a whole range of intermediate possibilities.	"If I'm not the best in my class, I'm mediocre"
"I must" or "I have to"	Events are interpreted in terms of how they think "should be things," not considering what it is. It's like having a list of rules about how you and others should act. People who break the rules make you feel upset and if you break them, you feel guilty.	"I should be more disciplined. If I don't make it, I'm going to be a weak and useless man," "I have to get a boyfriend if I want to be happy," "I have to find a quick fix to all the problems"

Customization	(a) Be bounded by certain negative events and fail to analyze that other persons or other variables may also have influenced such events. (b) Believing that others have a negative attitude towards one, without taking into account other possible explanations of the behaviors.	(a) "My husband left me because I am a lousy wife", being the husband extremely unfaithful. (b) "My boss is indifferent and unfriendly to me because I must have done something he didn't like"
Fake comparison	Interpret events with unrealistic standards. Focus primarily on those guys who are "better than me" in some way. There are feelings of inferiority in comparison.	"She's more successful than me," "I'm a complete failure because my friends have better jobs"
Orientation towards remorse or "what could have been and was not"	It focuses on the idea of having been able to have better results in the past, rather than paying attention to good performance in the here and now. To think that if you had the information that you have had today, certain negative results could have been avoided.	"I could have had a better job than I had," if I had chosen my partner well, I wouldn't be suffering," "I should have known the status of my accounts and avoided bankruptcy."
"And what if..."	It is stated in an oppositionist way: "And what does it matter if this or that happens"	"Yes, but what if I'm anxious, what if I can't control my breathing?"
Emotional reasoning	To think that something has to be real because he feels it. Consequently, what guides the interpretation of reality are feelings rather than reason.	"If I feel like a loser, I am," "If I feel like my wife doesn't love me, then she doesn't love me"