

DISTORTED THOUGHTS

Instructions: After each entry rate from 0 to 10 your level of participation (10 being the most).
After that, give an example from your own experience.

Catastrophizing- You think that past, present and/or future events will be awful and unbearable. “If I don’t get an A, it will be horrible!”

Mind reading- Without evidence, you assume that your intuitions never misfire and that you know what people are thinking about you. “I can tell they hated my lecture.”

Negative filtering- You perceive only the worst of past and present events and circumstances. “Everyone I’ve ever known has rejected me.”

Fortunetelling- You assume the past is entirely predictive of the future, rather than allowing for change. “I failed in that relationship, so I must not have what it takes.”

Discounting positives- You trivialize the positive things you and others do: “Of course I take care of my children. Who wouldn’t?”

Overgeneralizing- You apply negative traits or actions to the entire person or situation. “My husband can’t do anything right!”

Dichotomous thinking- You regard situations and people in all-or-nothing, black-and-white terms. “Either we have fun on this campout, or we don’t!”

Shoulds- You see people and events entirely in terms of ideals rather than reality. “People should be friendly and warm.”

Personalizing- You take an undue amount of responsibility upon yourself. “If I looked better, my husband wouldn’t be into pornography.”

Blaming- You project personal responsibility onto other people or circumstances. “If he had been kinder, I wouldn’t have cheated. He made me do it!”

Unfair comparisons- You view yourself in contrast to unrealistic standards. “If I’m not as smart as he is, I won’t even try.”

Self-inflation- You claim personal assets, achievements and abilities while lacking the courage to test your beliefs. “I’m a great singer. If I tried, I could be famous.”

Regret orientation- You focus on past mishaps, assuming that they have been ruinous to your life. “If only I hadn’t gotten that surgery!”

Emotional reasoning- You believe that because you feel something, it must be so. “I’m feeling guilty. I must be guilty!”

Overidentifying- You see yourself entirely in terms of one trait or event. “My shyness makes me into a complete, antisocial reject.”

Overvaluing- You attribute to others excessive authority or worth in contrast to yourself and/or others. “She always knows what’s best for me. She’s never wrong! I can’t take a step without her.”

Monsterifying- You exaggerate the wrongs of others, attributing to them a global pattern of evil for which you lack evidence. “She’s wholly given over to evil and can’t be trusted.”

Projecting- You see others through the lens of your own traits, assuming they share them. “Of course he was angry! *I’d* be angry!”

Supernaturalizing- You interpret events and circumstances too readily and confidently in terms of direct divine intervention. “People don’t like me, so God must be judging me.”

Singling- You place yourself in a position of complete contrast to others. “God’s forgiveness is for everyone, but I’m too evil.”

Judgment focus- You view events, situations or people completely in terms of how they measure against some arbitrary standard, rather than just seeing things for what they are. “He’s too talkative and people don’t like him because of it.”

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