

15 Styles of Distorted Thinking

-Read each of the 15 styles and mark which ones are like you. Go back and read those you have marked and decide how often (1-10) you tend to use that style of thinking.

-Do the same for the person you are in a relationship with.

-The ones you have checked and use the most often are ones you need to work on changing. I would encourage you to seek professional help in processing this information.

1. Filtering

You take the negative details and magnify them while filtering out all positive aspects of a situation.

Myself

Others

2. Polarized Thinking

Things are black or white, good or bad. You have to be perfect or you're a failure. There is no middle ground.

Myself

Others

3. Overgeneralization

You come to a general conclusion based on a single incident or piece of evidence. If something bad happens once, you expect it to happen over and over again.

Myself

Others

4. Mind Reading

Without their saying so, you know what people are feeling and why they act the way they do. In particular, you are able to define how people are feeling towards you.

Myself

Others

5. Catastrophizing

You expect disaster. You notice or hear about a problem and start "what if's": What if tragedy strikes? What if it happens to you?

Myself

Others

6. Personalization

Thinking that everything people do or say is some kind of a reaction to you. You also compare yourself to others, trying to determine who's smarter, better looking, etc.

Myself

Others

7. Control Fallacies

If you feel externally controlled, you see yourself as helpless, a victim of fate. The fallacy of internal control has you responsible for the pain and happiness of everyone around you.

Myself

Others

8. **Fallacy of Fairness** You feel resentful because you think you know what's fair but other people won't agree with you.
Myself Others
9. **Blaming** You hold other people responsible for your pain, or take the other tact and blame yourself for every problem or reversal.
Myself Others
10. **Shoulds** You have a list of ironclad rules about how you and other people should act. People who break the rules anger you and you feel guilty if you violate the rules.
Myself Others
11. **Emotional Reasoning** You feel that what you believe must be true – automatically. If you *feel* stupid and boring, then you must *be* stupid and boring.
Myself Others
12. **Fallacy of Change** You expect that other people will change to suit you if you just pressure or cajole them enough. You need to change people because your hopes for happiness seem to depend entirely on them.
Myself Others
13. **Global Labeling** You generalize one or two qualities into a negative global judgment.
Myself Others
14. **Being Right** You are continually on trial to prove that your opinions and actions are correct. Being wrong is unthinkable and you will go to any length to demonstrate your rightness.
Myself Others
15. **Heaven's Reward Fallacy** You expect all your sacrifice and self-denial to pay off, as if there were someone keeping score. You feel bitter when the reward doesn't come.
Myself Others