What’s a cognitive distortion and why do so many people have them? Cognitive distortions are simply ways that our mind convinces us of something that isn’t really true. These inaccurate thoughts are usually used to reinforce negative thinking or emotions — telling ourselves something that isn’t really true. What’s a cognitive distortion and why do so many people have them?

1. **Filtering**
   - People exaggerate or eliminate aspects of a situation to reinforce a negative belief. For instance, a person engages in filtering after a loved one has a single, unpleasant detail, such as an argument, and then concludes that their entire relationship is going to be terrible.

2. **Overgeneralization**
   - In this cognitive distortion, a person comes to a general belief after a single detail and结论ing that their entire relationship is going to be terrible.

3. **Magnifying**
   - When a person engages in magnification, they hold other people responsible for their emotions or actions. They may feel hurt when something small that didn’t even happen to them is brought up.

4. **Catastrophizing**
   - When a person engages in catastrophizing, they expect the worst possible outcome in a situation. They may feel that if they don’t win a particular competition, they will end up in an absolute worst occurring.

5. **Personalization**
   - Personalization is a distortion where a person believes that every other person is criticizing them. They may feel that other people are making them feel bad about themselves or criticizing them.

6. **Demonstrative**
   - Demonstrative errors are committed when a person engages in emotional reasoning. They may feel a particular emotion because something else happened.

7. **Blaming**
   - Blaming is a distortion where a person holds other people responsible for their emotions or actions. They may feel hurt when something small that didn’t even happen to them is brought up.

8. **Shoulds or Fairness**
   - Shoulds statements (“I should pick up after myself more…”) appear in tasks or other rules. A person may often believe they are trying to motivate themselves with shoulds and shouldn’ts, as if they have to be punished if they don’t follow these rules.

9. **Control Fallacies**
   - Control fallacies are committed when a person engages in personalization. They may feel that other people are making them feel bad about themselves or criticizing them.

10. **Emotional Reasoning**
    - Emotional reasoning is when a person’s emotions takes over our thinking and actions. They may feel a particular emotion because something else happened.

11. **Falling for Change**
    - Falling for change is a distortion where a person engages in catastrophizing. They may feel that if they don’t win a particular competition, they will end up in an absolute worst occurring.

12. **Global Labeling**
    - Global labeling is a distortion where a person engages in emotional reasoning. They may feel a particular emotion because something else happened.

13. **Always Being Right**
    - Always being right is a distortion where a person engages in emotional reasoning. They may feel a particular emotion because something else happened.

14. **Rebeeld on Failures**
    - Rebeeld on failures is a distortion where a person engages in emotional reasoning. They may feel a particular emotion because something else happened.

Check out psychcentral.com/lib/fixing-cognitive-distortions to find out how to fix your cognitive distortions!