

Thought distortion examples:

Black and White Brooke:

Brooke sees the world as black and white and really struggles to see the grey. If I do not do something perfectly, I am not going to try at all. I tried to diet and I ate a cupcake, so now I quit the whole program.

Personalization Paul:

Sometimes it feels like everything is Paul's fault. He and his peers didn't get all of his work done for a project at work and his boss was upset, he took all of the responsibility for the project not being complete.

Labeling Linda:

Linda is constantly labeling herself or other people. If she can't remember something she tells herself she is "so stupid" or if something cuts her off in traffic she yells that they are a horrible person.

Shoulding Shawn:

Shawn is always telling himself or others what they should do, if he doesn't get something done he is hard on himself and tells himself he should have written it down.

Emotional Reasoning Ebony:

If Ebony feels an emotion strongly then she tells herself she is the emotion. For instance, if Ebony gets really angry with her partner for not putting something away, she tells herself she is just an "angry person."

Mental Filter Melody:

Melody has a generally negative perspective. If she gets to go on a work trip, she only sees the inconvenience of having to pack instead of the possibility of going somewhere new and meeting new people.

Catastrophizing Caleb:

Caleb often sees things as bigger than they really are. If a friend doesn't show up to the movie on time, he assumes they must have gotten into a car accident and something horrible has happened.

Overgeneralizing Olivia:

Olivia assumes that if something went wrong once, it will go wrong with that situation again. She went on a date with one person who turned out to be rude and only talked about themselves and now assumes that anyone else she dates will be the same.

Mind Reading Mindy:

Mindy assumes she can know what others are thinking. If her neighbor doesn't invite her over she thinks they must not like her. She even thinks she has the power to see the future and when she is looking forward to something like vacations at the beach, she assumes it will be awful and she will come back burnt.

Disqualifying Dan:

Dan minimizes when things are good or bad. If he does well creating a bird house, he only sees the one place the paint messed up instead of how awesome it is that there are baby birds in it.