



Embrace
SOBERHOUSE

Cognitive Distortions

Polarized Thinking: Things are black or white, good or bad

All-or-nothing thinking: A form of magnification and minimization. Things are either right or wrong, there is no middle ground

Overgeneralization: We come to a general conclusion based on a single piece of evidence

Global Labelling: One bad experience leads you to a negative global judgement

Permanent Conditions: Taking a temporary situation and transforming it into a permanent condition, e.g. suicidal thinking is a permanent solution for a temporary problem

Being Right: We are continually on trial to prove that our opinions and actions are correct. Being wrong is unthinkable

Righteousness: Feelings of being right

Faultfinding and Deflecting: We hunt for someone or something to blame outside of ourselves

Awfulizing: We make uncomfortable situations into disasters

Catastrophizing: Expecting disaster, extreme pessimism

Impossibleing: Here we make difficult tasks into impossible tasks by using words like 'too difficult', 'too hard', 'impossible'

Can't Stand-It-it is: 'I can't stand it', We make uncomfortable and frustrating circumstances into unbearable ones (self-anxietizing)

Mental Filtering – Disqualifying the positive: We take the negative details and magnify them while filtering out all positive aspects of a situation

Negative Selective Radar: Locking on to old triggers

Minimizing the Negative: Dismissing significant issues to avoid the feelings associated, 'I don't care'.

Euphoric Recall: Romanticizing, glorifying and glamorizing. Selective memory to induce excitement

Fortune Telling: Predicting the future will lead to failure. 'Treatment won't work'

Futurizing: Fear-based projecting causing anxiety

Jumping to Conclusions: Assuming or going beyond the evidence we have and reaching a conclusion that makes things look worse than they are

Mind Reading: Doing people's thinking for them, knowing what people are feeling and thinking via guess work or through interpreting or misinterpreting body language

Demand Based Thinking: The language of must, should, need, have to, ought to. Demanding inflexible self-talk

Life Rules: How we and other people should act

Perfectionizing: High expectations of ourselves and others

Comparing: Measuring yourself against others, comparing yourself in order to reinforce old beliefs, superior or inferior

People Rating: Judging self and others

Self-Downing: Beating ourselves up

Handicapping: Telling ourselves that we will never recover

Illusory Superiority: Considering ourselves far better and superior than others (grandiosity)

Personalization: 'It always happens to me'

Emotional Reasoning: Feelings are not facts. We believe that what we feel must be true. If we feel that something is stupid or boring, then it must be stupid and boring

Status Quo Bias: Stuck with 'familiar' and prefer things to stay the same, as they were earlier. Our comfort zone
Tunnel Vision: Close minded, not allowing new ideas to help us