

Cognitive Errors

Cognitive Errors are or unsupported, biased ways of thinking that negatively impact emotions and behaviors

Our brains sometimes use these "shortcuts" in thinking to make sense of the world quickly, but they can lead to distorted and unhelpful perceptions.

These errors cause you to perceive reality inaccurately, often in a more negative light.

All-or-Nothing Thinking:

- Seeing things in either-or terms without recognizing a middle ground
- Example: "If I am not perfect, I am a total failure."

Catastrophizing:

- Expecting the worst possible outcome to happen
- Example: "If I make a mistake, everyone will think I am incompetent."

Disqualifying the Positive:

- Ignoring or rejecting positive experiences or achievements
- Example: "I did well on the test, but it was just luck."

Mind Reading:

- Assuming you know what others are thinking
- Example: "She didn't say hi, so she must not like me."

Fortune Telling:

- Predicting negative outcomes
- Example: "I know I'm going to fail this exam."

Emotional Reasoning:

- Believing that how you feel reflects reality
- Example: "I feel anxious, so something bad must be about to happen."

Should Statements:

- Using "should" or "must" statements to impose unrealistic expectations
- Example: "I should always be able to handle everything well."

Labeling:

- Attaching negative labels to yourself or others
- Example: "I made a mistake, so I am a complete idiot."

Personalization:

- Blaming yourself for events outside of your control
- Example: "My team lost because I wasn't good enough."