

Example of Distortions in a thought

distortions in the thought, "I'll **never** get better."

Distortion	(✓)	Explanation
1. All-or-Nothing Thinking	✓	This is a classic example of All-or-Nothing Thinking. You're telling yourself that the therapy either works perfectly or not at all. Shades of gray don't exist.
2. Overgeneralization	✓	You're overgeneralizing from this relapse and concluding that you'll never get better. You think the way you're feeling now will turn into a never-ending pattern of defeat and suffering.
3. Mental Filter	✓	You're focusing on how bad you feel now and ignoring the last three weeks when you were feeling much better.
4. Discounting the Positive	✓	You are discounting the fact that the therapy was very helpful to you and you did get better.
5. Jumping to Conclusions <ul style="list-style-type: none"> • Mind-Reading • Fortune-Telling 	✓	You're predicting you'll be depressed forever. (Fortune-Telling)
6. Magnification or Minimization	✓	A relapse is no fun, but you're blowing it way out of proportion.
7. Emotional Reasoning	✓	You're reasoning from how you feel. You're telling yourself that you must be hopeless because you feel hopeless.
8. Should Statements	✓	It's probably a hidden should statement. You're telling yourself that you should never have to feel upset or have any relapses.
9. Labeling	✓	You're labeling yourself as "a hopeless case."
10. Blame <ul style="list-style-type: none"> • Self-Blame • Other-Blame 		You're not blaming yourself or anyone else for the relapse.

From Dr. David Burns

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