

Cognitive Distortions

Should Statements	All or Nothing	Disqualifying Positives	Personalization or Blame	Magnification
Cognitive distortion	Reframe	Mind Reading	Attitude Cost-Benefit Analysis	Overgeneralization
Rationalize	Straightforward Approach	FREE	Catastrophizing	Examine the Evidence
Jumping to Conclusions	Pleasure-Predicting Method	Labeling	Emotional Reasoning	Mental Filter
Double-Standard Technique	Cognitive Behavioral Therapy	Minimization	Survey Method	Discounting Positives

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Straightforward Approach	Attitude Cost-Benefit Analysis	Personalization or Blame	Cognitive distortion	Mind Reading
Disqualifying Positives	Survey Method	Magnification	Cognitive Behavioral Therapy	Overgeneralization
Jumping to Conclusions	Catastrophizing	FREE	Examine the Evidence	All or Nothing
Emotional Reasoning	Minimization	Should Statements	Discounting Positives	Pleasure-Predicting Method
Labeling	Mental Filter	Rationalize	Reframe	Double-Standard Technique

Cognitive Distortions

Cognitive Behavioral Therapy	Minimization	Attitude Cost-Benefit Analysis	Mental Filter	Catastrophizing
Should Statements	Jumping to Conclusions	Labeling	Reframe	Magnification
Rationalize	Discounting Positives	FREE	Pleasure-Predicting Method	Emotional Reasoning
Straightforward Approach	Overgeneralization	Personalization or Blame	Survey Method	Disqualifying Positives
Examine the Evidence	All or Nothing	Mind Reading	Cognitive distortion	Double-Standard Technique