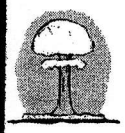
Types of Cognitive Distortions

1. **Jumping to Conclusions**
   Making judgments before you know all of the information. You have some information, and you fill in the rest by making assumptions.
2. **Mind Reading**
   Believing you know what someone is thinking, or why someone is acting a certain way, without asking them.

3. **Fortune Telling**
   Predicting that things will turn out a certain way (usually badly) in the future.
4. **Personalization and Self-Blame**
   Seeing yourself as the total cause of something bad happening, when actually you had no control over it at all.
5. **Should Statements**
   Very strict rules you have for yourself and others. When "should's" aren't met, it leads to blaming others and feeling guilty yourself.

6. **Filtering**
   Paying a lot of attention to negative things while ignoring positive things.
7. **Discounting**
   When something good happens, saying it doesn't really count, or doesn't really mean anything.
8. **All or Nothing, or "Black and White," Thinking**
   Absolute and extreme thinking that often involves words like "always," "never," and "perfect."



9. **Catastrophizing**
   Always expecting the worst, and when something bad does happen, believing it is the worst most horrible thing in the world that ever could happen—it's the end of the world and things will never get better.
10. **Minimizing**
    Acting as if something that's very important doesn't really matter.
11. **Generalization**
    Believing that if something is true in one instance, it is true for every instance—drawing a big conclusion from one small amount of information.

12. **Blaming**
    Pointing the finger at others and believing they are responsible for all of your problems.