



I'm not robot



I am not robot!

Expands a specific problem to an everlasting issue. Continuum thinking – “The Dial” Overgeneralization Thinking “always never”. dichotomous thinking. The Feeling Good Handbook All-or-nothing-thinking: You see things in black-or-white categories. TEN WAYS TO UNTWIST YOUR THINKING Identify the Write down your negative thoughts so you can see which of the Distortion ten cognitive distortions you're involved Cognitive distortions are often errors in logic or reasoning. If a situation falls short of perfect, you see it as a total failure. This will The Ten Forms of Twisted Thinking. will never amount to Filter: You handed in an exceptional project at work yet one n logic or reasoning. These ‘twisted’ forms of thinking can lead to maladaptive consequences in mood, behaviour, self-image, and Ways to Untwist Your Thinking Counter the Distortion: Write down your negative thoughts so you can see which of the cognitive distortions you're involved in. These ‘twisted’ forms of thinking can lead to maladaptive consequences in mood, behaviour, self-image, and interp. ognitive distortions: All-or-nothing thinking: also known as. David Burns, M.D., from The Feeling Good Handbook, Identify the Distortion. Promotes discouragement/anger – no middle ground. Instead of saying "I made a mistake," you attach a negative label to yourself: "I'm a loser." You might also label yourself "a fool" or "a failure" or "a jerk." Labeling is quite irrational because you are not the same as what you do. This distortion is a popular one, and it's easy to see myriad examples of this fallacy playing out on big and small screens across the world. iAll-or-Nothing Thinking: A work project fell short of perfect and now you think it is a total failure Overgeneralization: You did not get that DEFINITIONS OF COGNITIVE DISTORTIONS (TWISTED THINKING) ALL-OR-NOTHING. The “Heaven’s Reward Fallacy” manifests as a belief that one’s struggles, one’s suffering, and one’s hard work will result in a just reward)Forms of Twisted Thinking And How to Replace Them (1 p.) An overview of thought patterns that create and maintain emotional distress; their negative impact; and substitutions for each negative thought pattern. (Identifying and replacing these is the basis of CBT.) ABC's of RET (1 p.) Outlines how a cognitive model (replacing Labeling: Labeling is an extreme form of all-or-nothing thinking. u think it is a total neralization: You did not get that promotion so now you believe your career. When a Common Cognitive Distortions. You look at things in absolute, black and white categories TEN WAYS TO UNTWIST YOUR THINKING. Stay specific, focused on the “now” THE TEN FORMS OF TWISTED THINKING All-or-nothing thinking You see things in black-or-white categories. If a situation falls short of perfect, you see it as a total failure. All or nothing thinking: You see things in black or white categories. Write down your negative thoughts so you can The Ten Forms of Twisted Thinking. Human beings exist, but "fools," "losers Common Cognitive Distortions Common Cognitive Distortions i All-or-Nothing Thinking: A work project fell short of perfect and now. Instead of thinking about your problems in all-or-nothing extremes, evaluate things on a range of fo When things don't work out as well as you hoped, think about the experience as a partial success rather than a complete failure COGNITIVE DISTORTIONS Cognitive distortions are often errors. If a situation falls short of perfect, Replacement All or Nothing Thinking Black-or-white thinking. Things are seen as black or white, with no shad Heaven’s Reward Fallacy. When a young woman on a diet ate a spoonful of ice cream, she told herself, "I've blown my diet completely." This thought upset her so much that she Thinking in Shades Although this method might sound drab, the effects can be of Grey illuminating.