

DO AWAY WITH COGNITIVE DISTORTIONS

Distortions are mental traps that keep a person from enjoying quality life and relationships. Communication breaks down and relationships fall apart because of the distorted beliefs people hold on to rather than the facts. Make your mind a peaceful place to live .

Following are some cognitive distortions. Find out which one you have.



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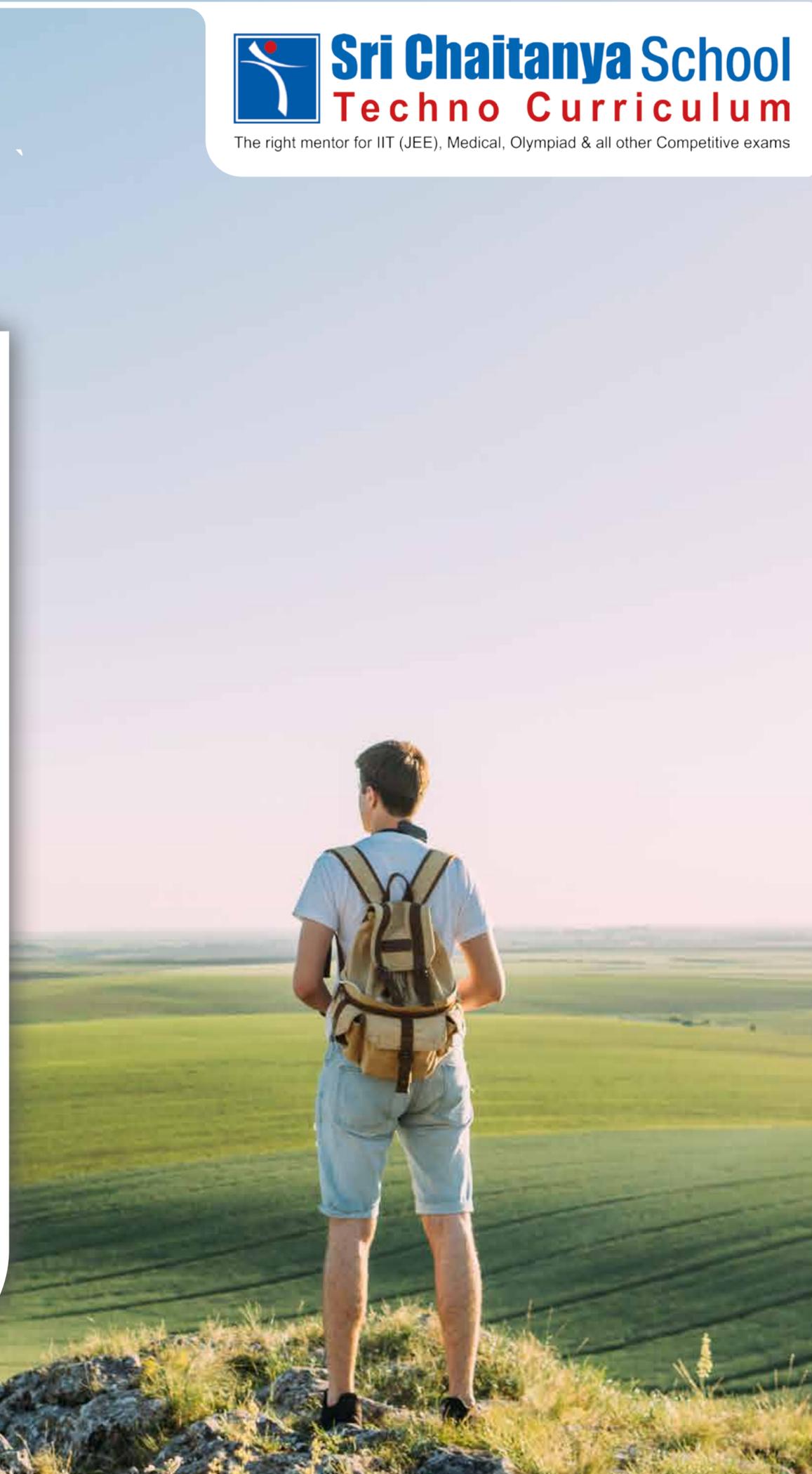


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- i. Mind reading** - you assume what other people are thinking about you.
- ii. Fortune-telling** - you predict that things won't work out for you.
- iii. Personalization** - you take everything said to you personally and are easily offended.
- iv. Overgeneralization** - you make blanket statements about people and frequently use words such as "always" "never" in your statements.
- v. Magnification** - Making mountains out of a molehill. You make a big deal out of a trivial issue.
- vi. Black and white thinking** - you believe that people or circumstances are either good or bad - there are no shades of grey.



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vii. Negative filter - you overlook the positives in the person or circumstance and focus on the negatives.

Test your distortions - are your thoughts based on your feelings or facts. Throw away what is not factual and hold on to the truth. Find evidence for your thoughts. Just because you're thinking it, doesn't make it a fact. Relationships and life become smoother when we silence distorted thoughts.

Make your day joyful.



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