

Cognitive Distortions Finder

Cognitive distortions are recurring thinking patterns that can make an interpretation less accurate or less useful. A distortion is a clue to examine the thought - not proof that the thought is false.

Start with one thought. Check any patterns that might be influencing it.

Thought to examine

Write the thought exactly as it showed up.

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| ☐ All-or-nothing thinking
Seeing only extremes: success/failure, good/bad, always/never. | ☐ Overgeneralization
Turning one event into a broad rule about the future or yourself. |
| ☐ Catastrophizing
Treating a feared possibility as if it is likely or unmanageable. | ☐ Mental filter
Focusing narrowly on negative information while missing relevant context. |
| ☐ Mind reading
Assuming you know what another person thinks without enough evidence. | ☐ Discounting positives
Explaining away evidence that does not fit the negative conclusion. |
| ☐ Fortune telling
Predicting a future outcome as though it is already known. | ☐ Labelling
Turning a mistake or behaviour into a fixed identity label. |
| ☐ Emotional reasoning
Treating a feeling as proof: "I feel it, therefore it must be true." | ☐ Should statements
Using rigid rules about how you, others, or life must be. |

Which pattern(s) fit - and which do not?

Do not force a label. Note only the patterns that genuinely help you understand the thought.

A more accurate version

Keep what is true. Remove exaggeration, certainty you do not have, or conclusions that go beyond the evidence.
