

COGNITIVE DISTORTIONS

Definition - Faulty or inaccurate thinking, perception, or belief. Cognitive distortion is a normal psychological process that can occur in all people to a greater or lesser extent.

Purposed Therapist Definition - A negative view on your present experience.

How it shows up:

There are about 15 different cognitive distortions. A few of the more common ones are

The Shoulds - "I should be at this place in my life"

Overgeneralizing - "It didn't work the last time I tried this so I'm not trying it again"

Personalization - "I'm responsible for how my loved ones feel. It's my job to make them happy. When people around me are not happy it is my fault"

Fallacy to Change - "There's somethings I don't like about them but, If I'm patient enough I can change them."

How it can impact your 2023?

Cognitive distortions interrupt our perception of reality. When it comes to our goals they can interrupt the way we look at our potential and what is possible for us.

The Purposed Therapist Tips

1. Write down some of your negative thoughts
2. Take time to remember they are just that "passing thoughts"
3. Identify a positive alternative thought
4. Partner with a mental health professional to understand where some of the thoughts maybe coming from