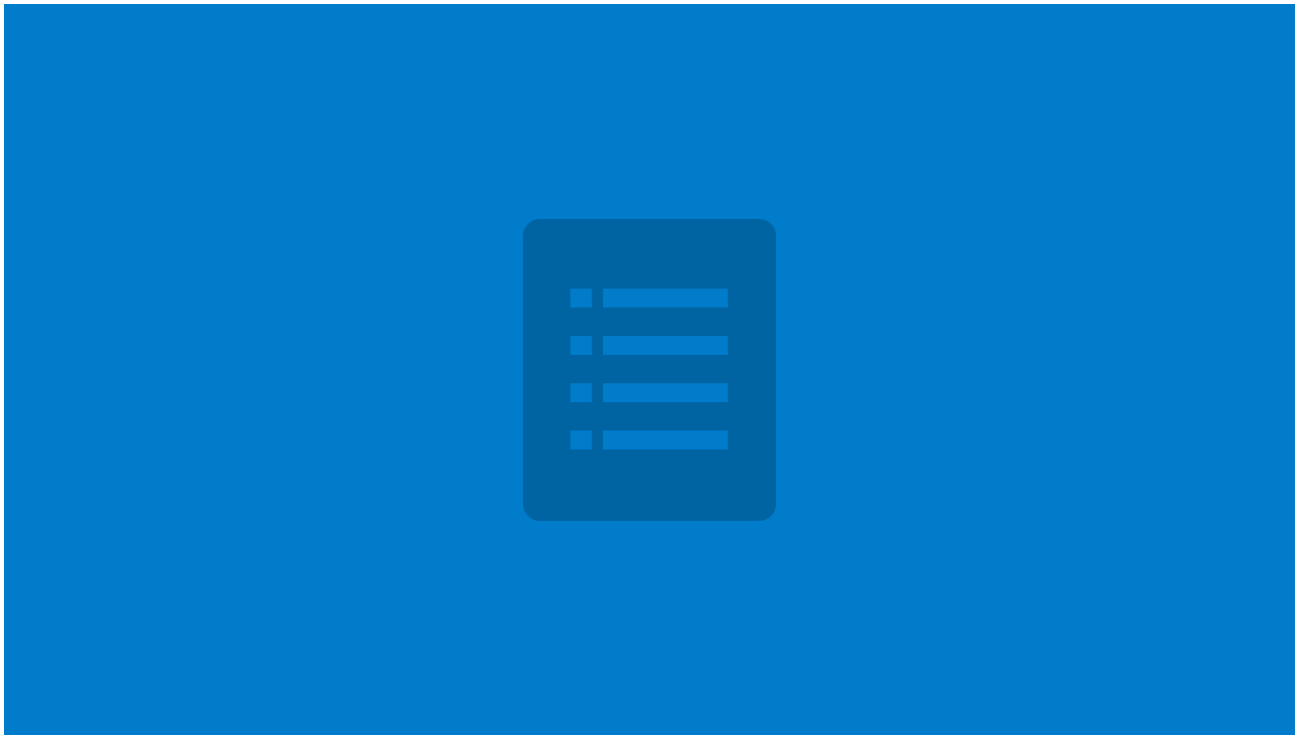
How To Free Your Mind: Cognitive Distortions

When your brain is lying to you, become aware and adjust!



- [ ] OVER GENERALIZING You see a constant, negative pattern based on one event.
- [ ] The fix: Ask yourself, "how do I know this? What's the real-life experience to prove this? Is this proof truly sufficient?
- [ ] BLAMING/DENYING You blame others or yourself instead of thinking of what you could do to make "it" right. Example: can't concentrate with that noise, so now i can't finish!"
- [ ] The fix: Take responsibility for what you are blaming and claim the ability to be bigger than it. "I can be mindful Of all sounds and still work through them."
- [ ] SELF-COMPARISONS Measure yourself against others with constant superior or inferiority judgements.
- [ ] The fix: You can wish the best for others, and mirror the same wish for yourself.
- [ ] MAGICAL THINKING You are always thinking "Everything will be better when..."
- [ ] The fix: Be gracious. Appreciate the present. Work with what you have, now.
- [ ] MIND READING You make assumptions of what others are thinking.
- [ ] The fix: Communicate directly with others and let them tell you how they feel. Don't worry unless they tell you there is a problem.

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