



# Be a Star

Recognize your cognitive distortions

## **Overgeneralizing**

"It will always be the same"

## **Blaming**

"They made me feel like this"

## **Shoulds**

"This is how things should be"

## **Black/White**

"There is no grey"

## **Negative Bias**

"I don't see anything good"

## **Catastrophizing**

"The worst will happen"

## **Labeling**

"I am (something bad)"

## **Magical Thinking**

"Everything will be better once I ...."

## **Over-Personalization**

"They did this because of me..."

## **Mind Reading**

"I know what you are thinking"

## **Fallacy of Fairness**

"This is not fair"

## **Emotional Reasoning**

"It's true, I feel it"

## **Double Standard**

"It might work for others but..."