

Burns / Nye Feeling Good Podcast*

Dr. Burns' Checklist of Cognitive Distortions*

	(✓)
1. All-or-Nothing Thinking (AON) . You view things in absolute, black-and-white categories.	
2. Overgeneralization (OG) . You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	
3. Mental Filter (MF) . You dwell on the negatives and ignore the positives.	
4. Discounting the Positive (DP) . You insist that your positive qualities don't count.	
5. Jumping to Conclusions (JC) You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading (MR). You assume that people are reacting negatively to you. • Fortune-Telling (FT). You predict that things will turn out badly. 	
6. Magnification and Minimization (MM) . You blow things out of proportion or shrink them.	
7. Emotional Reasoning (ER) . You reason from your feelings: "I feel like an idiot, so I must really be one."	
8. Should Statements (SH) . You use shoulds, shouldn'ts, musts, oughts, and have tos.	
9. Labeling (LAB) . Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."	
10. Blame (BL) . You find fault instead of solving the problem.	
• Self-Blame (SB) . You blame yourself for something you weren't entirely responsible for.	
• Other-Blame (OB) . You blame others and overlook ways you contributed to the problem.	

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