

# Common Cognitive Distortions

F.A.C.E. P.R.O.B.L.E.M.S.

**F**- fatalism, fairness myth, fallacy of change, control fallacy

**A**-all or nothing, selective abstraction

**C**- catastrophizing, caring myth, crystal balling

**E**- emotional reasoning, entitlement myth

**P**- punishment myth, perfectionism, personalizing

**R**- respect myth

**O**- overgeneralizing

**B**- blaming myth

**L**- labeling

**E**- externalizing value system

**M** – mind reading, magical thinking

**S**- shoulds

Assignment:

1. define each cognitive distortion
2. give an example of how you have used this cognitive distortion in the past or recently
3. what resiliency skill ( ABCD's of HOPE ) may be used to counter each cognitive distortion
4. review written work with counselor during individual session