

DISTORTION	DEFINITION	EXAMPLES	MODIFICATION
SHOULD	Your focus is on judging how events or people “should” be rather than focusing on what is.	<ul style="list-style-type: none"> • “She should be more supportive.” • “He should know I need that.” 	Try using the phrase “Would Like” instead of should. Think about how you can make those “would like” situations a reality.
REGRET ORIENTATION	You focus on the idea that you (or others) could have done better in the past, rather than how to make things better now.	<ul style="list-style-type: none"> • “I should have said _____.” • “If only she had not done that” 	Think of past missteps as data to use to learn, make changes, or teach someone else. Use the information to make your current situation better or to better the future.
FORTUNE TELLING	You predict the future negatively.	<ul style="list-style-type: none"> • “I won’t get the promotion.” • “It is going to be a disaster.” 	<p>“Don’t put on your winter coat in summer.”</p> <p>Try to avoid reacting to situations that aren’t currently happening. Don’t live in the worst case scenario.</p>
NEGATIVE FILTERING	You focus almost exclusively on the negatives and fail to notice any positives.	<ul style="list-style-type: none"> • “Look at what I messed up.” • “He did not return my call.” 	List three things that are going well.
MIND READING	You assume you know what others think without having sufficient evidence.	<ul style="list-style-type: none"> • “He thinks I’m in over my head.” • “She thinks I am a loser.” 	The assumptions we make reflect our own fears. Address those fears within yourself.
LABELING	You assign global negative traits to yourself and/or others.	<ul style="list-style-type: none"> • “I am a failure.” • “He is lazy.” 	Recognize that no one is 100% everything. Mean people are sometimes nice. Happy people are sometimes sad.