

Distortion	(✓)	Distortion	(✓)
1. All-or-Nothing Thinking		6. Magnification or Minimization	
2. Overgeneralization		7. Emotional Reasoning	
3. Mental Filter		8. Should Statements	
4. Discounting the Positive		9. Labeling	
5. Jumping to Conclusions <ul style="list-style-type: none"> <li>• Mind-Reading</li> <li>• Fortune-Telling</li> </ul>		10. Blame <ul style="list-style-type: none"> <li>• Self-Blame</li> <li>• Other-Blame</li> </ul>	