

Cognitive distortions that hurt self-esteem

- ✚ *Global, all-consuming statements about failure*
 - “I always mess up!”*
 - “Nothing ever goes my way.”*
 - “I never succeed at the really important things.”*

- ✚ *The tyranny of “should’s”: you hold yourself and others to a rigid, perfectionistic set of standards.*
 - “I should never lose control”*
 - “I shouldn’t make mistakes”*
 - “I should always be polite no matter what.”*
 - “I should be able to anticipate problems”*

- ✚ *Overgeneralization : taking one situation and magnifying it to predict the future in a negative way.*
 - “No one will ever fall in love with me.”*
 - “I will never get a good job.”*
 - “People can never see me for who I really am.”*

- ✚ *Filtering: taking one negative thing and blowing it up to represent the big picture.*
 - Example: your spouse tells you that you complain too much about work, but you magnify it to mean that you should never talk about things that bother you.*