

10 Cognitive Distortions – Checklist

Thinking traps that make feelings worse than the facts justify. Tick the ones you notice this week and write a fairer alternative.

Distortion	What it sounds like	A fairer version
☐ All-or-nothing	"If it's not perfect, it's a failure."	
☐ Overgeneralization	"This always happens to me."	
☐ Mental filter	Dwelling on the one negative detail.	
☐ Discounting the positive	"That doesn't count, anyone could do it."	
☐ Mind reading	"They think I'm boring."	
☐ Fortune telling	"It's going to go wrong."	
☐ Catastrophizing	"This is a disaster, I can't handle it."	
☐ Emotional reasoning	"I feel useless, so I am useless."	
☐ Should statements	"I should be over this by now."	
☐ Labeling	"I'm a loser." / "He's an idiot."	

Three questions that loosen any distortion

- What is the evidence for and against this thought?
- What would I say to a friend who thought this?
- Is there a more useful way to see this, even if it's not perfectly true?

My most frequent trap this week and one thing I will try

In the app: AILAMA Mind spots these patterns in your own words while you chat and suggests the reframe — you can save it to

your thought record.

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