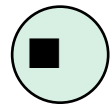
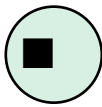




CareSync[™] Psych

Understanding Cognitive Distortions

Learn to identify common thinking traps that can increase anxiety, depression, and emotional distress. Recognizing these patterns is the first step toward changing them.



Catastrophizing

Assuming the worst possible outcome will happen.

Example of when I do this:

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How I can challenge this thought:

--

Black-and-White Thinking

Seeing things as all good or all bad with no middle ground.

Example of when I do this:

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How I can challenge this thought:

--

Mind Reading

Believing you know what others think about you.

Example of when I do this:

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How I can challenge this thought:

--

Overgeneralization

Taking one event and assuming it always happens.

Example of when I do this:

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How I can challenge this thought:

Emotional Reasoning

Believing something is true because you feel it strongly.

Example of when I do this:

How I can challenge this thought:

Personalization

Taking excessive responsibility for things outside your control.

Example of when I do this:

How I can challenge this thought:

■ *CareSync Reminder: Not every thought is accurate. Learning to identify distorted thinking patterns can help you reduce emotional suffering and respond more rationally.*