

MIND THE GAP: BRIDGING THE DISTANCE BETWEEN PERCEPTION AND REALITY

Key Cognitive Distortions

All-or-Nothing: Seeing things in black and white. "If I'm not perfect, I'm a total failure."

Catastrophizing: Expecting the worst-case scenario. "I made one mistake; now I'll get fired."

Mind Reading: Assuming you know what others think. "They're all judging me right now."

Labeling: Assigning global negatives to yourself. "I'm a loser" instead of "I made a mistake."

Emotional Reasoning: Believing feelings are facts. "I feel anxious, so I must be in danger."



THE "SELF-AWARENESS" TOOLKIT

Check Your Reality

- **Stop & Reflect:**

- Evidence: What facts support this thought? What facts contradict it?
- Perspective: Would I say this to a friend?
- Alternative: Is there another way to look at this situation?

**Don't believe
everything you think.**

