# Cognitive Distortions
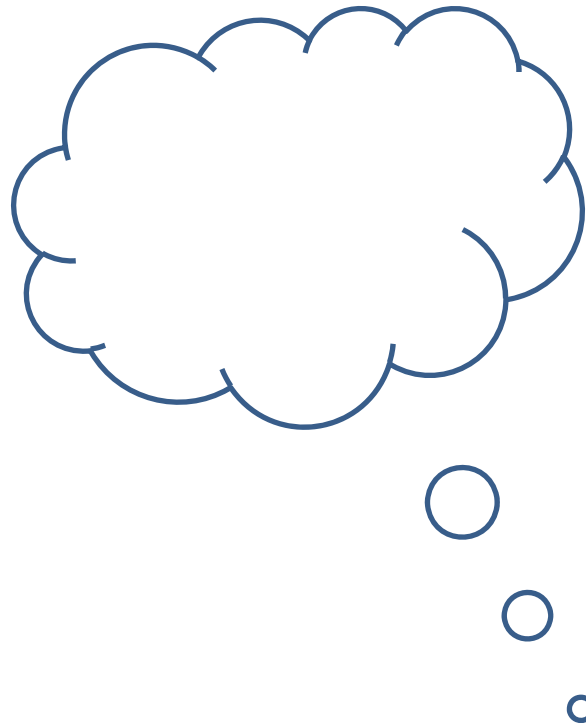
Self-blame/
Personalization

Selective Attention/
Filtering
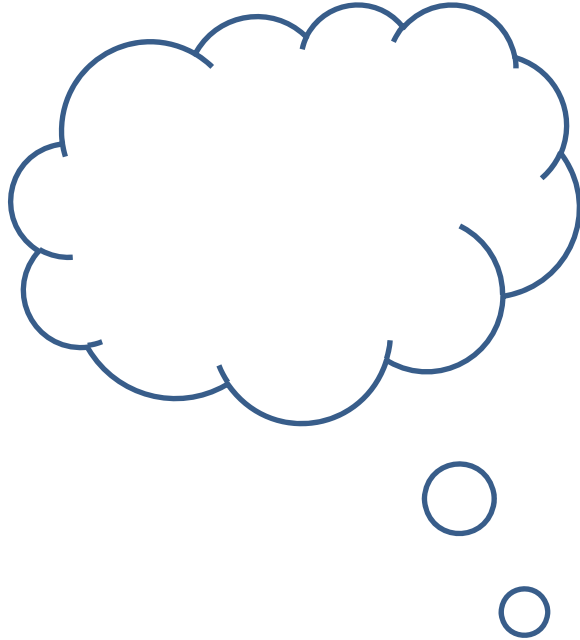
Negative Assumptions/
Jumping to Conclusions

SEOUL COUNSELING CENTER
FINDING THE STRENGTH TO OVERCOME

# Cognitive Distortions

Catastrophizing

All-or-none Thinking

# World Views

Negative View of **Self**

Negative View of **World**

Negative View of **Future**

SEOUL COUNSELING CENTER
FINDING THE STRENGTH TO OVERCOME