

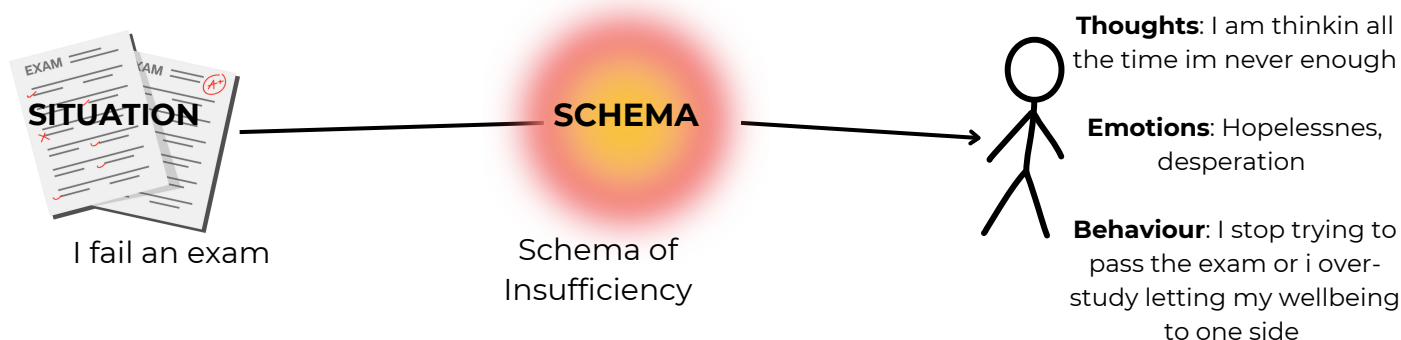
# What do we believe about ourselves, about others, about the world and about the future?

## Lets learn about... **BELIEFS**

- Let's identify what thoughts go through our mind in our daily basis. Bringing **conscience** to what does the mind say

Our thoughts, feelings and sensations may come from our SCHEMAS about ourselves and the world (these are the patterns by which we process and filter the information of the world. This are developed in our childhood and teenagerhood

i.e. I fail an exam and i feel desperate, empty and insufficient as a person. I mas have an schema of insufficiency about myself.



- We can also take a look to our possible...

### IRRATIONAL BELIEFS

The following are the most frequent ones:

- I have to be absolutely loved and approved by my social circle
- I have to act with competence and efficacy
- People who act badly should be punished
- It's catastrophic when thing don't work out as we wanted
- I can't regulate my emotions, they're totally caused by external events.
- I have to worry all the time for a possible danger
- It's much easier to avoid the difficulties and responsibilities than to cope with them
- My life is dtermined by my past
- There's always a good solution and it's catastrophic not to find it
- I can achieve happiness by pleasing myself passively without personally committing

### ATTRIBUTION STYLE

Attribution is the way we explain the causes of the things that happen (Why happens what happens) There are different types of attribution:

#### INTERNAL or EXTERNAL

- INTERNAL: I failed because i didn't study as much
- EXTERNAL: I failed because the exam was very difficult

#### STABLE OR UNSTABLE

- STABLE: I failed because this subject is the most difficult one
- UNSTABLE: I failed because i was very nervous that day.

#### CONTROLLABLE or UNCONTROLLABLE

- CONTROLLABLE: I passed because i put effort in this exam. Effort is controllable.
- UNCONTROLLABLE: I passed because i was lucky. Luck is not controllable.

#### ATTRIBUTION STYLES THAT BENEFIT US

- FOR WINS: **INTERNAL AND STABLE**. 'I passed because i'm good at studying or because i love my career'
- FOR FAILURE: **INTERNAL, STABLE and CONTROLLABLE**. 'I failed because i didn't study as much'



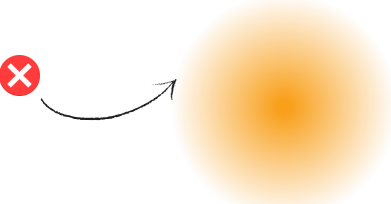
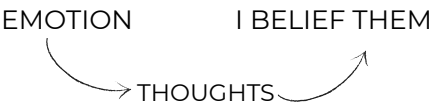
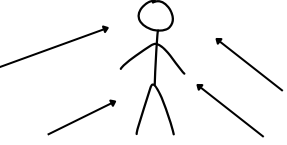

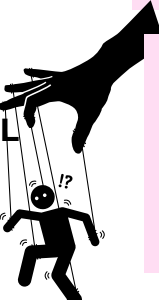
#### ATTRIBUTION STYLES THAT DON'T BENEFIT US

- FOR WINS: **EXTERNAL and UNCONTROLLABLE**. 'I passed because the exam was very easy'
- FOR FAILURE: **INTERNAL, STABLE AND UNCONTROLLABLE** 'I failed because i am stupid and not good at studying'



# COGNITIVE DISTORSIONS

This are a way in which we might be interpreting the things that happen to us in a way that DOESN'T benefit our well-being. These are them:

| COGNITIVE DISTORSION  | EXPLANATION   | EXAMPLE  |
|---|---|--|
| <b>ARBITRARY INFERENCE</b>  | Jump to conclusions without objective <b>EVIDENCE</b> . Tending to a <b>NEGATIVE</b> interpretation rather than to a <b>NEUTRAL-POSITIVE</b> one                      | 'I know she doesn't like me'<br>'I will not be okay here'  |
| <b>MENTAL FILTERING</b>                        | It works like a <b>TUNNEL</b> . We center our attention to only <b>ONE PART</b> of the situation, ignoring the information that <b>contradicts</b> our interpretation | I have performed well in 9 exams out the 10 exams i did and i fix my attention in this exam.   |
| <b>DICHOTOMOUS THINKING or Black-or-white</b>  | Evaluating the events and own qualities in an extreme way. There are no greys.<br><br><b>KEY WORDS TO IDENTIFY:</b> Idiot, failure, good/bad, smart/dumb              | I failed one exam of this subjective, I'm dump and the subject is boring.<br><br>No greys for one-self neither for others  |
| <b>OVERGENERALIZATION</b>                     | Making <b>GENERAL</b> and <b>GLOBAL</b> conclusions based on single events  | 'I failed this exam, i'm not cut out for this degree'<br>Ben feels sad today and thinks 'i will always be this way' 'i will never be happy'  |
| <b>EMOTIONAL REASONING</b>                    | <b>EMOTION AND THOUGHT ARE MARRIED.</b> When we feel unpleasant emotion, we consider what we think in that moment as true. and what we feel as an objective evidence  | 'I'm anxious (emotion), therefore thoughts about a possible failure pop up to my mind and i believe them (belief)'   |
| <b>PERSONALIZATION</b>                        | Relating <b>EXTERNAL EVENTS</b><br>↓<br>To <b>ONESELF</b><br>Without enough data or arguments   | My partner is a bit mad and sad today, 'definetely i have done something wrong'  |
| <b>MAXIMIZATION AND MINIMIZATION</b>          | Giving excessive <b>attention</b> and <b>importance</b> of negative aspects of an experience and underestimating the <b>value</b> of a positive experience            | Dave has gone to all his classes, done all the tasks and studied for the exam but he failed. He magnifies he failure and doesn't give himself credit for his effort.   |
| <b>FALACY OF CONTROL</b>                     | Thinking we have <b>EXCESSIVE</b> control over our context and all the areas of our life or with a <b>MINIMUM</b> control leading to a feeling of helplessness        | 'I have gone to the doctor four times this week and i still get ill' (Overestimation of control)<br><br>'I have been anxious for three days, i can't do <b>NOTHING</b> to feel calm'(Underestimation of control) |

## SHOULD STATEMENTS

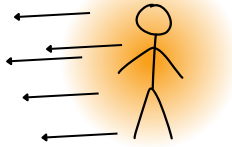
'I HAVE TO'  
'I MUST'



Individuals impose RIGID, UNREALISTIC DEMANDS on themselves and others, believing they MUST do something or things HAVE TO happen in a certain way

'I must always be kind and peaceful'  
'The party should happen as it was planned'

## EXTERNALIZATION OF SELF-WORTH



Construing our self-worth by other's and society's validation, rather than on our OWN APPROVAL, and not recognising our **INHERENT worth** as human beings.

I decide to study Business because my family will be proud of me.  
I am happy only if others cheer what i do.

## FALACY OF JUSTICE



We consider everything that doesn't align with our personal EXPECTATIONS or DESIRES as unjust, even when it's not objectively unfair.

'It's not fair that the exam had more questions of topic 1'  
'It's not fair that she has better grades than me'

## GLOBAL LABELS



Defining a person globally, without nuances

Saying 'I'm a procrastinator' rather than 'Sometimes i can be lazy'

CAN YOU RECOGNIZE YOURSELF IN ANY OF THEM?

Some cognitive distortions can be very common, and they can impair our well-being and relationships.

Becoming CONSCIOUS of them allows us to distance ourselves from unhelpful thoughts.

Sometimes our mind simply takes paths that don't lead us to positive places.

Recognizing and ACCEPTING these distortions is a great first step towards choosing healthier mental pathways that promote our well-being.



VICENT ORTIZ, Psychologist

