

COGNITIVE DISTORTIONS WEAKEN RELATIONSHIPS

Cognitive Distortions detract from or obscure our relationship with Jesus and others because we grasp a portion of the truth and assume that is the whole reality.

1. All or Nothing Thinking Find balance between extremes.
When we judge others, we put up barriers that hinder open communication and our ability to see reality. “Judge not lest you also be judged.” Mt. 7:1
2. Overgeneralization Stereotyping or categorizing limits our ability to appreciate the unique goodness of each person. “To each person the manifestation of the Spirit is given for the common good.” 1 Cor. 12: 8
3. Mental Filter Keep an open mind. Personal bias acknowledges only information you presume is true. “Then you will know the truth, and the truth will set you free.” Jn. 8:32
4. Disqualifying the Positive Rather than seeing a half-empty cup, trust that the cup is at least half full. “We know that God makes all things work together for the good of those that have been called according to his purpose.” Rom. 8:28
5. Jumping to Conclusions We can not read the mind of another person or assume to know her motives. Clarifying questions asked lovingly can provide accurate information about our friend’s thoughts and intentions. “Now we see indistinctly, as in a mirror; then we shall see face to face.” 1 Cor. 13:12
6. Minimizing Downplaying the goodness of ourselves or another causes relationships to shrink rather than to grow. “I can do all things in Christ who strengthens me.” Phil. 4:13
7. Emotional Reasoning We remember that feelings aren’t facts.
When we rely exclusively on feelings, we limit our ability to consider data objectively. Give yourself time to calm down rather than reacting in the moment. “Let the peace of Christ rule in your hearts, since as members of one body you are called to peace .” Col. 3:15
8. Shoulding Controlling others based on our personal expectations and demands does not honor them. Criticism tears down intimacy and communication. We are to affirm the best qualities of the other. “There is no condemnation now for those who are in Christ Jesus.” Rom. 8:1
9. Labeling Rating or ranking ourselves or others in one area limits the bigger picture. “I am who I am through the grace of God, and God’s grace is not in vain.” 1Cor. 15:10
10. Personalizing Perceiving events or relationships as “all about me” may evoke undue emotional reactivity. “I live now not I, but Christ lives in me.” Gal. 2:20