

Life. Under Pressure.

THE COGNITIVE DISTORTION INTERRUPTER

Separate Fear from Fact.

CATASTROPHIZING

Assuming the worst possible outcome.

SEPARATE:

What's most likely?

MIND READING

Assuming you know what others think.

SEPARATE:

What's actually been said?

OVERGENERALIZATION

Assuming "always" or "never" out of a few incidents.

SEPARATE:

What's consistently true?

EMOTIONAL REASONING

Assuming emotions reflect reality.

SEPARATE:

What are the facts?

BLACK & WHITE THINKING

Assuming extreme all-or-nothing positions.

SEPARATE:

What are the shades of gray?

SELF-CRITICISM

Assuming your flaw reflects your entire self.

SEPARATE:

What would I say to a friend?

CONTROL FALLACY

Assuming everything is out of your control.

SEPARATE:

What can I control right now?

PERSONALIZATION

Assuming everything is about you.

SEPARATE:

What's not actually about me?

SHOULD STATEMENTS

Assuming "I should" as absolute truth.

SEPARATE:

What's realistic and desired?

The Cognitive Distortion Interrupter

Separate Fear from Fact

When destabilized, the mind fills gaps with narrative.

This tool helps you separate interpretation from reality.

1. Catastrophizing

Distortion: Assuming the worst possible outcome.

Interrupt: *What is most likely — not most frightening?*

2. Mind Reading

Distortion: Assuming you know what others think.

Interrupt: *What has actually been said — explicitly?*

3. Overgeneralization

Distortion: Using “always” or “never” based on limited incidents.

Interrupt: *What is consistently true across time?*

4. Emotional Reasoning

Distortion: Believing emotions equal facts.

Interrupt: *What objective evidence exists?*

5. Black-and-White Thinking

Distortion: Seeing only extremes.

Interrupt: *What are the shades of gray?*

6. Self-Criticism

Distortion: Equating a mistake with identity.

Interrupt: *What would I say to a friend in this position?*

7. Control Fallacy

Distortion: Assuming everything is outside your control — or entirely your fault.

Interrupt: *What is actually within my influence right now?*

8. Personalization

Distortion: Interpreting neutral events as personal.

Interrupt: *What evidence suggests this is not about me?*

9. “Should” Statements

Distortion: Treating preferences as moral absolutes.

Interrupt: *Is this realistic — or self-punitive?*

Closing Anchor

Do not jump to believe fear.

Measure → Separate → Stabilize → Decide.