It happens to everybody. In fact, researchers believe that most people experience the greater part of the cognitive distortions, at least once or twice in their lives. More importantly, their cognitive distortions do not correspond with reality. It is important to remember that these are not conscious processes, and so you don't necessarily realize you are having those thoughts. Still, they do affect your emotions and behavior. Changing our habits implies changing our behavior and that gives us the opportunity to reprogram ourselves through more positive feelings and thoughts. For instance, negative emotions and thoughts may be fueling your sleepless nights, and our minds have prepared us to take purposeful, deliberate actions, to help ourselves. This is also linked to the fallacy of reward – having done something good, we expect good outcomes. However, in the case of cognitive distortions, those false conclusions are going to be internalized and negatively affect our behavior. Blaming can be directed towards external circumstances, or towards ourselves, as well as others. It can sometimes be unbelievably easy to turn a small problem, into a huge disaster. For example: you didn't make your bed because you were too tired, so unfair! You didn't clean your room because you were too tired so, no way this will work. You could have given a great answer if she hadn't interrupted you. It's my fault because I'm a jerk. It's not my fault that I react so strongly – I am just a naturally nervous person. We may believe to know what others are thinking, or what they are going to do, by basing it on one or two patterns. Labeling and blame tend to have negative connotations and make us overlook important information. You reason based only on your feelings. As you read through the examples of cognitive distortions, it may be tempting to say that this is not the case. But, it is highly likely that internal factors are also playing a role in your specific sleep disorder, and it may help if you prepare yourself to take purposeful, deliberate actions, to help yourself.

**Cognitive Distortions**

- **Emotional Reasoning**
- **Overgeneralizing**
- **Black and White thinking.**
- **Jumping to Conclusions**
- **Catastrophizing**
- **Blaming**
- **Personalization**
- **Filtering**
- **Fallacies of Fairness and Reward**
- **Examples:**

  - Our minds sometimes see a pattern where there is none, just by basing it on one or two examples. It can sometimes be unbelievably easy to turn a small problem, into a huge disaster. Example: you didn't make your bed because you were too tired, so unfair! You didn't clean your room because you were too tired, so no way this will work.
  - Example: you could have given a great answer if she hadn't interrupted you. It's my fault because I'm a jerk. It's not my fault that I react so strongly – I am just a naturally nervous person.
  - Example: you reason based only on your feelings. As you read through the examples of cognitive distortions, it may be tempting to say that this is not the case. But, it is highly likely that internal factors are also playing a role in your specific sleep disorder, and it may help if you prepare yourself to take purposeful, deliberate actions, to help yourself.

Now let’s have an overview of the most common unhelpful thinking styles:

- **Examples:**

  - Negative emotions and thoughts may be fueling your sleepless nights, and our minds have prepared us to take purposeful, deliberate actions, to help ourselves. This is also linked to the fallacy of reward – having done something good, we expect good outcomes. However, in the case of cognitive distortions, those false conclusions are going to be internalized and negatively affect our behavior. Blaming can be directed towards external circumstances, or towards ourselves, as well as others. It can sometimes be unbelievably easy to turn a small problem, into a huge disaster. For example: you didn't make your bed because you were too tired, so unfair! You didn't clean your room because you were too tired so, no way this will work. You could have given a great answer if she hadn't interrupted you. It's my fault because I'm a jerk. It's not my fault that I react so strongly – I am just a naturally nervous person. We may believe to know what others are thinking, or what they are going to do, by basing it on one or two patterns. Labeling and blame tend to have negative connotations and make us overlook important information. You reason based only on your feelings. As you read through the examples of cognitive distortions, it may be tempting to say that this is not the case. But, it is highly likely that internal factors are also playing a role in your specific sleep disorder, and it may help if you prepare yourself to take purposeful, deliberate actions, to help yourself.

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Now that you know what cognitive distortions are, you have looked the enemy in the eye and can now startu this fight. As you read through the examples of cognitive distortions, it may be tempting to say that this is not the case. But, it is highly likely that internal factors are also playing a role in your specific sleep disorder, and it may help if you prepare yourself to take purposeful, deliberate actions, to help yourself.