

Cognitive distortions of hypomania include the following:

- Utilizing positive fortune-telling/being overly optimistic about unknown outcomes
- Over-relying on luck
- Underestimating risk of danger
- Overestimating one's capabilities
- Disqualifying the negative/minimization of life problems
- Overvaluing immediate gratification
- Misinterpreting intentions of others, e.g., Misperceiving sexual or aggressive content or innuendo

Cognitive distortions of depression include the following:

- All-or-nothing thinking
- Overgeneralization
- Mental filter
- Disqualifying the positive
- Jumping to conclusions
- Personalization

steps in addressing thought distortions in depression

- recognize distorted thinking
- contrast them with other ways of thinking about issues and situations
- Discussing in detail events that trigger distorted cognitive responses
- learn to identify distortions by examining his thought responses in the context of real life situations or in anticipation of future events
- practice with the client ways of refuting the distortions
- list automatic thoughts and compare them to alternate explanations.
- Role-play alternate responses
- practice during therapy sessions,
- give homework assignments to analyze identified distorted thinking in daily life
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