



10 Cognitive Distortions and Their Impact on Depression



Cognitive distortions are misleading thought patterns that can negatively impact how we perceive ourselves and the world around us. These distorted ways of thinking often fuel feelings of depression by reinforcing negative beliefs and emotions. For instance, someone might engage in "all-or-nothing" thinking, where they see situations in black-and-white terms, leading to a sense of hopelessness when things don't go perfectly.

Recognizing these distortions is the first step toward changing them. By identifying and challenging these harmful thought patterns, individuals can begin to break the cycle of negativity that contributes to [depression](#). Addressing cognitive distortions through therapy or self-reflection can pave the way for more balanced and healthier thinking, ultimately improving mental well-being.

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