

## COGNITIVE DISTORTION(S)

Scenario: Imagine it's late at night, it's raining, and you desperately need milk. You drive to a local shop where you find parking restrictions outside and nowhere else to park. Here is a common list of cognitive distortions. Which would you use to help you park illegally?

<b>Rationalization</b>	<b>If it was daytime I wouldn't park here, but it's late at night so I won't be causing an obstruction.</b>
<b>Justification</b>	<b>It's raining and I don't have an umbrella</b>
<b>Minimization</b>	<b>I'm only going to be two minutes</b>
<b>Magnification</b>	<b>The only other place to park is absolutely miles away and it will take forever to walk from there.</b>
<b>Blame</b>	<b>If my partner had remembered the milk earlier, I wouldn't be in this position.</b>
<b>Entitlement</b>	<b>I've had a really hard day today, it wouldn't be fair to expect me to walk further than I have to.</b>
<b>Uniqueness</b>	<b>It's ok for me to park here because I've lived here for over 20 years and I've always been very generous to the community.</b>
<b>Mental Filter</b>	<b>I'm not going to let myself remember the parking ticket I got last week.</b>
<b>Normalization</b>	<b>Everyone parks on double yellow lines in this situation.</b>
<b>Invincibility</b>	<b>I won't get caught – I never get caught</b>

From: Understanding and Treating Sex and Pornography Addiction by Paula Hall

