

Cognitive Distortions: Labeling

Labeling is when we slap a label onto someone or something that directs our assumptions, impressions, and expectations toward that label.

If we think “I am a terrible driver” will we be motivated to practice better driving skills? It is more likely that we will begin to avoid the driver’s seat at all costs.

How would your expectations change if you challenge the label? Could you find the motivation to try harder at driving safely if you didn’t think of yourself as a “bad driver”?

Directions: Reflect on a situation in which you experienced labeling.

What do you know now that challenges the labeling thoughts about the situation?

What would you have told yourself to challenge the cognitive distortion?

If you were able to challenge the cognitive distortion in the moment, how would the outcome have been different?
