

# The Garden Shrink

Cognitive Distortions: Seeing the Garden (and Life) More Clearly

**All-or-Nothing Thinking:** “I never grow good tomatoes.” → Some seasons work better than others.

**Overgeneralization:** “My peppers failed, so I’m bad at gardening.” → One season is data, not destiny.

**Mental Filtering:** “The squash struggled, so the garden failed.” → One bed doesn’t define the whole garden.

**Discounting the Positive:** “The herbs did well, but that was luck.” → Care and timing matter.

**Mind Reading:** “People think my garden looks amateur.” → Most people aren’t judging.

**Catastrophizing:** “These spots mean everything will die.” → Most problems are manageable.

**Emotional Reasoning:** “I feel discouraged, so this season failed.” → Feelings aren’t facts.

**‘Should’ Statements:** “I should be better by now.” → Growth follows rhythms.

**Labeling:** “I’m a bad gardener.” → You’re a learning gardener.

**Personalization:** “The harvest failed—it’s my fault.” → Many factors are out of your control.