

# Cognitive Distortion Self-Monitoring

**Date and Time:**

*(When did the situation occur?)*

**Situation:**

*(Describe the situation where you experienced the negative thought.)*

**Thoughts:**

*(What were you thinking during this situation?)*

## **Cognitive Distortions:**

*(Refer to the list below and identify any distortions present in your thoughts.)*

1. **All-or-Nothing Thinking:** Viewing situations in black and white terms, without any middle ground.
2. **Overgeneralization:** Making broad conclusions based on a single event or piece of evidence.
3. **Mental Filter:** Focusing solely on the negative aspects of a situation, ignoring the positive.
4. **Disqualifying the Positive:** Rejecting positive experiences by insisting they don't count.
5. **Jumping to Conclusions:** Making negative interpretations without concrete evidence.
  - **Mind Reading:** Assuming you know what others are thinking.
  - **Fortune Telling:** Predicting negative outcomes for the future.
6. **Magnification (Catastrophizing) or Minimization:** Blowing things out of proportion or downplaying their importance.
7. **Emotional Reasoning:** Believing that what you feel must be reality.
8. **Should Statements:** Using "should", "must", or "ought to" to motivate yourself, then feeling guilty when you don't live up to these unwritten rules.
9. **Labeling and Mislabeled:** Attaching a label to ourselves or others based on one instance or behavior.
10. **Personalization:** Taking responsibility for things that are outside of your control.

## **Rational Response:**

*(Challenge the distorted thought. What would be a more rational response?)*

## **Emotions:**

*(How did you feel during the situation? How do you feel now, after challenging the thought?)*