

# Identifying Cognitive Distortion

**Name:**

**Date:**

Cognitive distortions are irrational or biased patterns of thinking that can negatively impact our emotions, behaviors, and overall well-being. Use this worksheet to identify and challenge your own cognitive distortions. For each distortion, write down a specific situation where you experienced it and then analyze it using the questions provided.

## All-or-Nothing Thinking

**Situation:**

What was the specific situation or event that triggered this cognitive distortion?

How did you interpret the situation using all-or-nothing thinking?

What evidence supports your interpretation? Is there any evidence against it?

How would a more balanced perspective help you view the situation?

## Overgeneralization

**Situation:**

What was the specific situation or event that triggered this cognitive distortion?

How did you overgeneralize based on this single event?

Are there any exceptions or counterexamples to your overgeneralization?

What is a more realistic and balanced way to interpret the situation?

## Mental Filter

**Situation:**

What was the specific situation or event that triggered this cognitive distortion?

What specific detail(s) are you focusing on while filtering out other information?

How does this narrow focus influence your perception of the situation?

What alternative perspectives or information could you consider to broaden your view?

### **Disqualifying the Positive**

**Situation:**

What was the specific situation or event that triggered this cognitive distortion?

How did you discount or ignore the positive aspects of the situation?

What positive or helpful aspects can you acknowledge about the situation?

How can you integrate these positive aspects into your overall perspective?