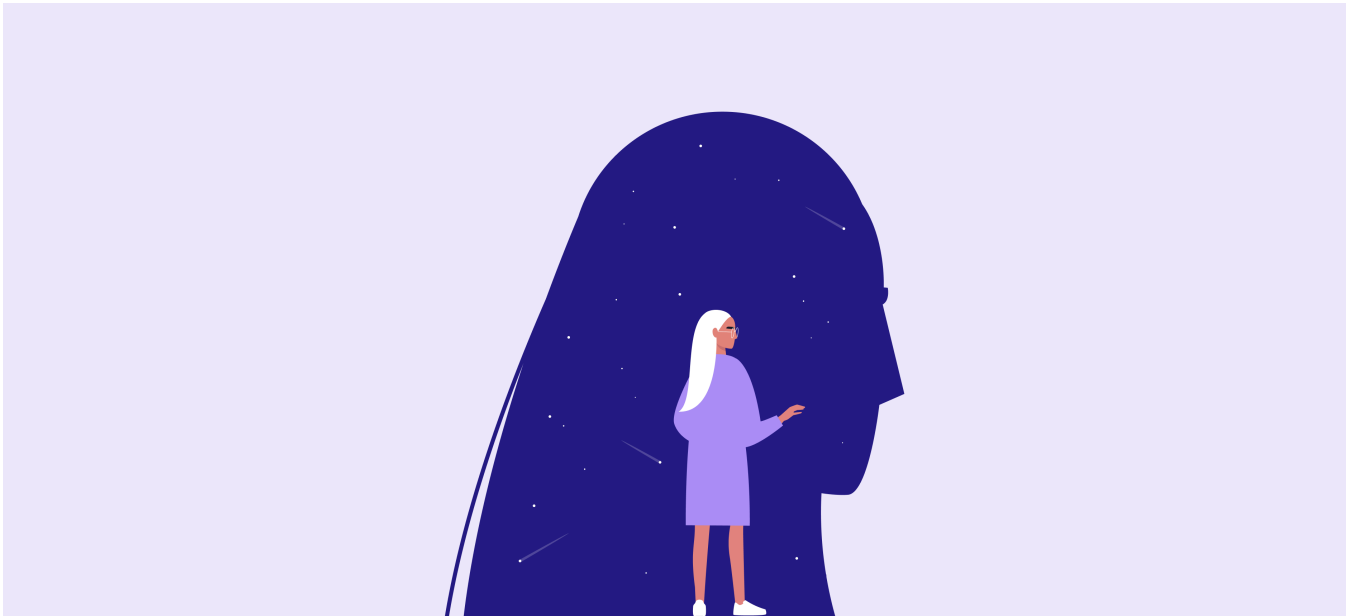


# Cognitive Distortions Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Situation

What happened? (Briefly describe the event that triggered your emotional response)

## Emotions

How did you feel? (Rate intensity 0-100%)

Emotion	Intensity

## Automatic thoughts

What went through your mind? (What thoughts led to your emotions?)

## Cognitive distortions

### Check any thinking traps you noticed:

- ☐ **All-or-nothing thinking:** Seeing things in black-and-white categories
- ☐ **Overgeneralization:** Viewing a single negative event as a never-ending pattern
- ☐ **Mental filter:** Dwelling on negatives while filtering out positives
- ☐ **Disqualifying the positive:** Rejecting positive experiences as "not counting"
- ☐ **Mind reading:** Assuming you know what others are thinking
- ☐ **Fortune telling:** Predicting things will turn out badly
- ☐ **Magnification/minimization:** Exaggerating negatives or downplaying positives
- ☐ **Emotional reasoning:** Believing something is true because it "feels" true
- ☐ **Should statements:** Using "should," "must," "ought to" to criticize yourself or others
- ☐ **Labeling:** Attaching negative labels to yourself or others
- ☐ **Personalization:** Blaming yourself for events not entirely under your control
- ☐ **Others:**

## Challenge your thoughts

### What evidence contradicts my thoughts?

### What would I tell a friend in this situation?

### What's a more balanced perspective?

### New emotions

How do you feel now? (Rate intensity 0-100%)

Emotion	Intensity

### Action plan

What can you do based on this new perspective?

### Personal notes