

# Cognitive Distortions Worksheet

Name	Date
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Fill out the table below. You can refer to page 2 and 3 for types of distortions (column 2)

Negative Thought	Type of Distortion	Rational Response

# Summary of Cognitive Distortions

## **Negative thought**

This is when a person views situations or experiences as either completely good or completely bad, with no room for grey areas or nuances.

Notes:

## **Disqualifying the positive**

This is when a person disregards positive experiences, achievements or compliments and focuses instead on negatives or flaws.

Notes:

## **Emotional reasoning**

This is when a person relies on their emotions to determine the validity of a situation or belief, rather than evidence or reason.

Notes:

## **Fortune teller error**

This is when a person predicts the future based on their current feelings or experiences without considering other possibilities or evidence.

Notes:

## **Jumping to conclusions**

This is when a person reaches a conclusion or decision without sufficient evidence or information.

Notes:

## **Labeling and mislabelling**

This is when a person applies negative or exaggerated labels to themselves or others without considering the context or evidence.

Notes:

# Summary of Cognitive Distortions (Part 2)

**Magnification (catastrophizing) or minimization**

This is when a person exaggerates the negative or positive aspects of a situation, without considering the entire picture.

Notes:

**Mental filter**

This is when a person focuses solely on the negatives while ignoring or disregarding the positives.

Notes:

**Mind reading**

This is when a person assumes they know what another person is thinking, feeling, or intending without clear evidence.

Notes:

**Overgeneralization**

This is when a person draws broad conclusions or makes global statements based on limited evidence or experiences.

Notes:

**Personalization**

This is when a person takes responsibility for external events or experiences that are not directly under their control.

Notes:

**Should statement**

This is when a person uses "should," "must," or "have to" statements to describe their expectations or obligations, creating a sense of guilt or shame when they don't meet them.

Notes: