

Cognitive Distortions Worksheet

Name:: _____ Date:: _____ dd / mm / yyyy

Situation - What happened?

1. Emotion:: _____ Intensity:: _____

2. Emotion:: _____ Intensity:: _____

3. Emotion:: _____ Intensity:: _____

Automatic thoughts - What went through your mind?

Check any thinking traps you noticed:

All-or-nothing thinking: Seeing things in black-and-white categories

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Overgeneralization: Viewing a single negative event as a never-ending pattern

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Mental filter: Dwelling on negatives while filtering out positives

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Disqualifying the positive: Rejecting positive experiences as not counting

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Mind reading: Assuming you know what others are thinking

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Fortune telling: Predicting things will turn out badly

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Magnification/minimization: Exaggerating negatives or downplaying positives

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Emotional reasoning: Believing something is true because it feels true

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Should statements: Using should, must, ought to to criticize yourself or others

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Labeling: Attaching negative labels to yourself or others

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Personalization: Blaming yourself for events not entirely under your control

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Other

Other

What evidence contradicts my thoughts?

What would I tell a friend in this situation?

What's a more balanced perspective?

New emotions - 1. Emotion:: _____ Intensity:: _____

2. Emotion:: _____ Intensity:: _____

3. Emotion:: _____ Intensity:: _____

Action plan - What can you do based on this new perspective?

Personal notes - Specify below: