

COGNITIVE DISTORTION WORKSHEET



NOT FEELING GREAT?
FILL OUT THIS WORKSHEET TO REBOOT
YOUR THOUGHTS AND FEELINGS!

Before you start, how do you feel? Rate your emotions out of 10.

I am feeling SAD: ____ ANGRY: ____ ANXIOUS: ____ EMBARRASSED: ____ FRUSTRATED: ____ GUILTY: ____ NERVOUS: ____

WHAT'S YOUR THOUGHT?

COGNITIVE DISTORTIONS?

WHAT'S YOUR MORE HELPFUL THOUGHT?

Thought 1





Thought 2





Thought 3





Finished? Do you feel a little better? Rate your emotions out of 10 again.

I am feeling SAD: ____ ANGRY: ____ ANXIOUS: ____ EMBARRASSED: ____ FRUSTRATED: ____ GUILTY: ____ NERVOUS: ____

OVER - GENERALISATION

Turning a negative event into a pattern: "This always happens!"

PERSONALISATION

You take things personally when it wasn't meant that way.

FEELINGS AS FACTS

"I feel like an idiot so I must be one."

LABELLING

Instead of saying: 'I made a mistake' you say: 'I'm a loser.'

MAGNIFICATION

Turning small things into a big deal.

BLACK & WHITE THINKING

Most things aren't black or white - they're on the greyscale.

CATASTROPHISING

Imagining the worst possible thing to happen.

MENTAL FILTER

Dwelling on the negatives and not counting the positives.

FORTUNE TELLING

Thinking you can predict the future.

MIND READING

Assuming you know what others are thinking.

SHOULD STATEMENTS

Shoulda, woulda, coulda! Stop 'should' statements.

BLAME

Blaming others or yourself when that's not fair.