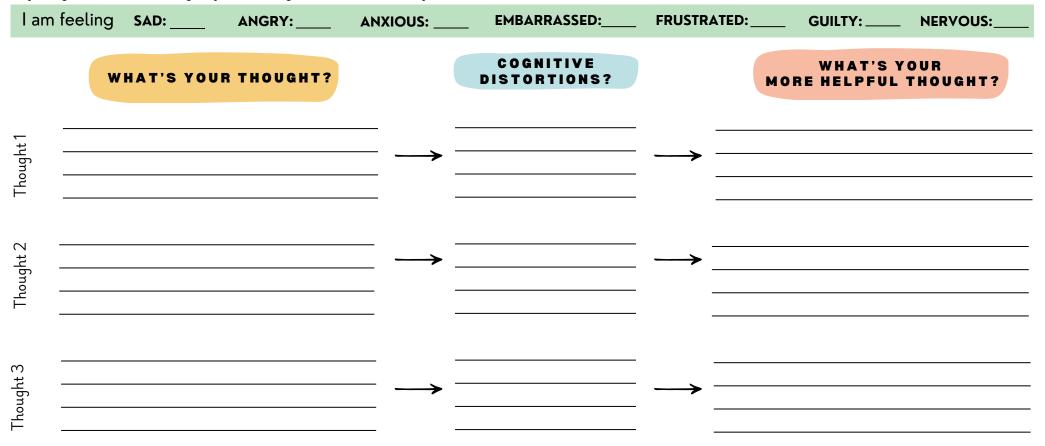
COGNITIVE DISTORTION Worksheet

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.



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

l am feeling SAD: ANGRY: ANXIOUS: EMBARRASSED: FRUSTRATED: GUILTY: **NERVOUS:** х SHOULD OVER -FEELINGS MENTAL MIND FORTUNE BLACK & WHITE LABELLING BLAME PERSONALISATION MAGNIFICATION AS FACTS GENERALISATION CATASTROPHISING FILTER STATEMENTS READING THINKING TELLING You take things Instead of saying: Blaming others Turning a negative Dwelling on the Shoulda, woulda, Most things aren't "I <u>feel</u> like an Turning small Imagining the worst possible Assuming you know what others personally when 'I made a mistake Thinking you can predict the future. event into a pattern: coulda! or yourself when negatives and not idiot so I must things into a big black or white it wasn't meant you say: 'I'm a loser. they're on the Stop 'should' "This <u>always</u> counting the that's not fair. are thinking. deal. thing to happen. that way. be one ' happens!' greyscale. 🖇 statements. positives.