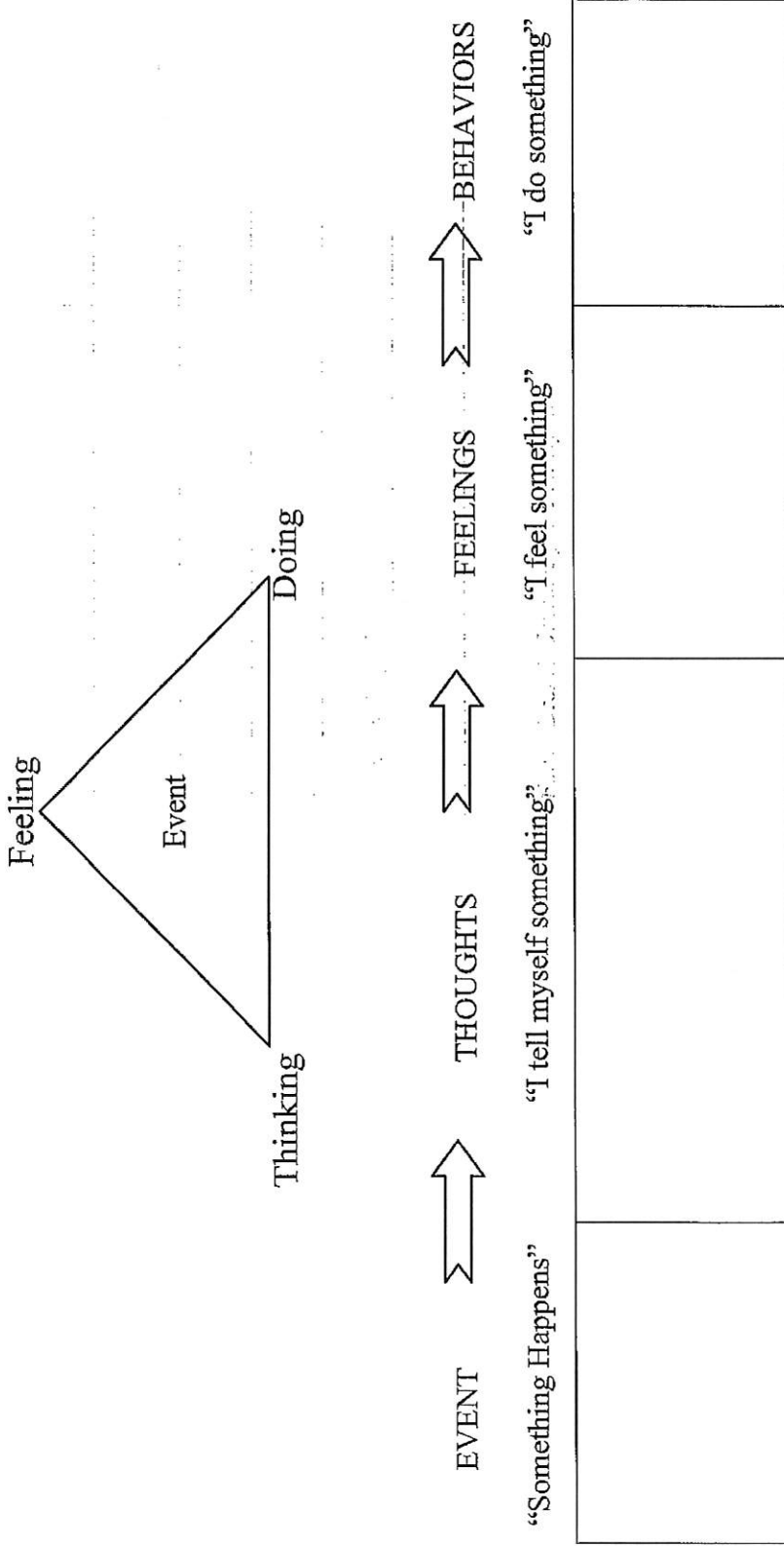


CHECKLIST OF COGNITIVE DISTORTIONS

| | |
|-----|---|
| 1. | All or nothing thinking: You look at things in absolute, black and white categories. |
| 2. | Overgeneralization: You view a negative event as a never-ending pattern of defeat. |
| 3. | Mental Filter: You dwell on the negatives and ignore the positives. |
| 4. | Discounting the positives: You insist that your accomplishments or positive qualities "don't count." |
| 5. | Jumping to conclusions: (A) Mind reading – you assume that people are reacting negatively to you when there's no definite evidence for this; (B) Fortune Telling – you arbitrarily predict things will turn out badly. |
| 6. | Magnification or Minimization: You blow things way out of proportion or you shrink their importance inappropriately. |
| 7. | Emotional Reasoning: You reason from how you feel: "I feel like an idiot, so I really must be one." Or "I don't feel like doing this, so I'll put it off." |
| 8. | "Should Statements": You criticize yourself or other people with "Shoulds" or "Shouldn'ts." "Musts," "Oughts," "Have tos" are similar offenders. |
| 9. | Labeling: You identify with your shortcomings. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or "a loser." |
| 10. | Personalization and Blame: You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem. |

Cognitive Triangle: Challenging Your Thinking Mistakes



Are my thoughts accurate? _____

Are my thoughts helpful? _____

Am I falling into a Thinking Mistake trap*? (If so, which one) _____

What could I say to myself that would be more accurate, positive, or helpful? _____

How would I feel if I told myself this? _____

*Thinking Mistakes Worksheet (e.g., Herbert (2005), *Thinking Mistakes Form*, Drexel University, Philadelphia.