

Name: _____ Date: _____

Name the Situation or Event: _____

Emotions	% before	% goal	% after	Emotions	% before	% goal	% after
Sad, blue, depressed, down, unhappy				Hopeless, discouraged, pessimistic, despairing			
Anxious, worried, panicky, nervous, frightened				Frustrated, stuck, thwarted, defeated			
Confused, mixed-up, uncertain, perplexed				Angry, mad, resentful, annoyed, irritated, upset, furious			
Inferior, worthless, inadequate, defective, incompetent				Exhausted, tired, drained, overwhelmed			
Lonely, unloved, unwanted, rejected, alone, abandoned				Guilty, remorseful, bad, ashamed			
Embarrassed, foolish, humiliated, self-conscious				Other			

Negative Thoughts	% belief before	% belief after	Distortions	Positive Thoughts	% belief										
1.			<table border="1"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	1.	
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Negative Thoughts	% belief before	% belief after	Distortions	Positive Thoughts	% belief										
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Checklist of Cognitive Distortions or Mind Traps *

1. All-or-nothing thinking. You look at things in absolute, black-and-white categories.	6. Magnification or minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You take one single event and you generalize it to your entire life.	7. Emotional reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must <i>be</i> one."
3. Mental filter. You dwell on the negatives and ignore the positives or vice versa.	8. Should statements. You use "shoulds," "shouldn'ts," "musts," "oughts," and "have tos." Self-directed "Shoulds" cause feelings of guilt, shame, depression and worthlessness. Other-Directed "Shoulds" cause feelings of anger and trigger interpersonal conflict. World-Directed "should" lead to feelings of frustration and entitlement.
4. Discounting positives. You insist your positive qualities don't count or vice versa.	9. Labeling. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser."
5. Jumping to conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-reading. You assume that people are reacting negatively to you. • Fortune-telling. You predict that things will turn out badly. 	10. Self-blame and other-blame. <ul style="list-style-type: none"> • Self-blame. You blame yourself for something you weren't entirely responsible for. • Personalization. You hold yourself personally responsible for an event not entirely under your control. • Other-blame. You blame others and overlook ways you contributed to the problem.