

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name the Tempting Situation or Event: \_\_\_\_\_

Emotions	%	Emotions	%
<b>Tempted</b> , excited, perky, pleased, obsessed		<b>Hopeful</b> , encouraged, optimistic, in-control	
<b>Interested</b> , turned on, fired up		<b>Gifted</b> , smart, special, witty, zany	
<b>Excited</b> , carried away, stirred up, spellbound		<b>Superior</b> , important, competent, empowered	
<b>Wanted</b> , loved, centre of attention		<b>Happy</b> , up, high, possessed	
<b>Good</b> , deserving, worthy, validated, fair, reasonable		<b>Freed</b> , released, winning	
<b>Innocent</b> , guiltless, impeccable, in-the-clear, upright		<b>Other</b>	

Tempting Thoughts	% belief before	% belief after	Distortions					Self-control Thoughts	% belief
			1	2	3	4	5		
1.			1	2	3	4	5	1.	
			6	7	8	9	10		
2.			1	2	3	4	5	2.	
			6	7	8	9	10		
3.			1	2	3	4	5	3.	
			6	7	8	9	10		
4.			1	2	3	4	5	4.	
			6	7	8	9	10		

Tempting Thoughts	% belief before	% belief after	Distortions	Self-Control Thoughts	% belief										
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1	2	3	4	5											
6	7	8	9	10											

**Checklist of Cognitive Distortions or Mind Traps \***

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