

Name: _____ Date: _____

Name the Tempting Situation or Event: _____

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

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										
5.			<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	5.	
1	2	3	4	5											
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1	2	3	4	5											
6	7	8	9	10											

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 you minimize the consequences of your behavior.
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> good about my decision , so my decision must be a good one."
3. Mental filter. You dwell on the positives and ignore the negatives.	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 reality. You ignore the negative facts.	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 believe you know what people are thinking. • Fortune-telling. You tell yourself you can tell the future 	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.