

Cognitive Distortions Worksheet

Name		Date
Fill out the table below. You can refer to page 2 and 3 for types of distortions (column 2)		
Negative Thought	Type of Distortion	Rational Response

Summary of Cognitive Distortions

Negative thought

This is when a person views situations or experiences as either completely good or completely bad, with no room for grey areas or nuances.

Notes:

Disqualifying the positive

This is when a person disregards positive experiences, achievements or compliments and focuses instead on negatives or flaws.

Notes:

Emotional reasoning

This is when a person relies on their emotions to determine the validity of a situation or belief, rather than evidence or reason.

Notes:

Fortune teller error

This is when a person predicts the future based on their current feelings or experiences without considering other possibilities or evidence.

Notes:

Jumping to conclusions

This is when a person reaches a conclusion or decision without sufficient evidence or information.

Notes:

Labeling and mislabelling

This is when a person applies negative or exaggerated labels to themselves or others without considering the context or evidence.

Notes:

Summary of Cognitive Distortions (Part 2)

Magnification (catastrophizing) or minimization

This is when a person exaggerates the negative or positive aspects of a situation, without considering the entire picture.

Notes:

Mental filter

This is when a person focuses solely on the negatives while ignoring or disregarding the positives.

Notes:

Mind reading

This is when a person assumes they know what another person is thinking, feeling, or intending without clear evidence.

Notes:

Overgeneralization

This is when a person draws broad conclusions or makes global statements based on limited evidence or experiences.

Notes:

Personalization

This is when a person takes responsibility for external events or experiences that are not directly under their control.

Notes:

Should statement

This is when a person uses "should," "must," or "have to" statements to describe their expectations or obligations, creating a sense of guilt or shame when they don't meet them.

Notes: