

# Identifying Cognitive Distortions Worksheet

## 15 COGNITIVE DISTORTIONS

15 Common Cognitive Distortions that Influence Your Thinking Patterns



### 1. POLARIZED THINKING

When you have an "All-or-Nothing," or "Black and White" thinking pattern. Desire to be perfect or you are a complete failure.



### 2. MENTAL FILTERING

#### NEGATIVE MENTAL FILTERING

Focuses on negatives of a situation and filters out positives. Negative details are magnified.

#### DISQUALIFYING THE POSITIVE

Acknowledges positives but refuses to accept it. Finds excuses to turn it into a negative one.



### 3. OVERGENERALIZATION

Focuses on a single event and makes a conclusion based on a single piece of negative evidence. Incorrectly conclude all similar events going forward will result in the same negative experience.



### 4. JUMPING TO CONCLUSIONS

#### MIND READING

Know what others are thinking. Assumptions of their intentions occur with no evidence.

#### FORTUNE TELLING

Make conclusions and predictions with no evidence and can have negative outcomes.



### 5. CATASTROPHIZING

#### MAGNIFICATION

Over exaggeration, which leads to worries escalating to the worst-case scenario.

#### MINIMIZATION

Minimizing positive experiences. The importance of positive qualities is diminished.



### 6. PERSONALIZATION

Takes things personally, which causes a direct and personal reaction to what others do or say, even if it is unrelated. Assuming you have been intentionally excluded or targeted.



### 7. BLAMING

Blaming others, playing a victim role, and holding others responsible for their pain. Blame is external rather than blaming themselves or taking some responsibility.

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**Identifying cognitive distortions worksheet** is a powerful tool that can help individuals recognize and challenge negative thought patterns that may influence their emotional well-being. Cognitive distortions are irrational or exaggerated thoughts that can lead to feelings of anxiety, depression, and poor decision-making. By utilizing a worksheet specifically designed for this purpose, individuals can systematically identify these distortions, understand their impact, and learn strategies to mitigate their effects. This article will delve deeper into what cognitive distortions are, how to use a worksheet effectively, and provide practical examples to illustrate the process.

# Understanding Cognitive Distortions

Cognitive distortions are negative thought patterns that can cloud judgment and skew perception. They often lead to a cycle of negative thinking that can be detrimental to mental health. Recognizing these distortions is the first step toward overcoming them. Here are some common types of cognitive distortions:

- **All-or-Nothing Thinking:** Viewing situations in black-and-white terms without acknowledging any middle ground.
- **Overgeneralization:** Making broad conclusions based on a single event or limited evidence.
- **Catastrophizing:** Expecting the worst possible outcome in any situation.
- **Personalization:** Blaming oneself for events that are not entirely under one's control.
- **Emotional Reasoning:** Believing that feelings reflect reality, regardless of evidence to the contrary.

By learning to identify these distortions, individuals can begin to challenge and reframe their thoughts, leading to a healthier mindset.

## The Purpose of an Identifying Cognitive Distortions Worksheet

An identifying cognitive distortions worksheet serves multiple purposes:

- **Awareness:** It raises awareness of negative thought patterns that may go unnoticed.
- **Clarification:** It helps clarify thoughts and feelings by breaking them down into manageable components.
- **Challenge Distortions:** It provides a structured approach to challenge and refute distorted thinking.
- **Promote Positive Thinking:** It encourages the development of healthier, more constructive thought patterns.

Using a worksheet can guide individuals in recognizing their cognitive distortions in real time, making it easier to apply the principles of cognitive behavioral therapy (CBT) in their daily lives.

## **How to Use an Identifying Cognitive Distortions Worksheet**

Using a worksheet effectively involves several steps. Here's a structured approach:

### **Step 1: Identify the Situation**

Begin by describing a specific situation that triggered negative thoughts or emotions. This context is crucial for understanding the origin of your cognitive distortions.

### **Step 2: Record Your Thoughts**

Write down the automatic thoughts that came to mind during the situation. Be honest and thorough. This step is about capturing your initial reactions without filtering or censoring them.

### **Step 3: Identify Cognitive Distortions**

Review your recorded thoughts and identify any cognitive distortions present. You can use a list of common cognitive distortions as a reference. Mark each thought with the corresponding distortion type.

### **Step 4: Challenge the Distortions**

For each identified distortion, ask yourself some critical questions:

- What evidence do I have that supports this thought?
- What evidence contradicts this thought?
- What would I tell a friend if they had this thought?
- Is there a more balanced or realistic way to view this situation?

### **Step 5: Reframe Your Thoughts**

After challenging the distortions, reframe your thoughts based on the

evidence you've gathered. Write down the more balanced and rational thoughts that emerge from this process.

## **Step 6: Reflect on the Impact**

Consider how your new, reframed thoughts change your feelings and behavior. Reflect on whether these new thoughts lead to more positive emotions and actions.

## **Examples of Cognitive Distortions in Action**

To illustrate the process, let's consider a few examples of cognitive distortions and how to identify and challenge them using the worksheet.

### **Example 1: All-or-Nothing Thinking**

Situation: You received a B on a test instead of an A.

- Thought: "I'm a complete failure because I didn't get an A."
- Distortion Identified: All-or-Nothing Thinking
- Challenge: "I studied hard and did my best. A B is still a good grade."
- Reframed Thought: "I can be proud of my effort and learn from this experience to improve next time."

### **Example 2: Catastrophizing**

Situation: You made a mistake during a presentation at work.

- Thought: "This mistake will ruin my career."
- Distortion Identified: Catastrophizing
- Challenge: "What evidence do I have that one mistake will ruin my career? Have I seen others recover from similar mistakes?"
- Reframed Thought: "One mistake doesn't define my entire career. I can learn from it and improve in the future."

### **Example 3: Emotional Reasoning**

Situation: You feel anxious about an upcoming social event.

- Thought: "I feel anxious; therefore, something bad will happen."
- Distortion Identified: Emotional Reasoning

- Challenge: "Just because I feel anxious doesn't mean that the event will be bad. What are some positive outcomes that could happen?"
- Reframed Thought: "I can feel anxious and still have a good time. I'll focus on enjoying the company of others."

## Conclusion

**Identifying cognitive distortions worksheet** is an invaluable resource for anyone looking to improve their mental health and emotional resilience. By systematically identifying and challenging negative thought patterns, individuals can foster a more balanced and positive mindset. Remember, the key to success lies in consistent practice and self-reflection. Over time, you'll find it easier to recognize distortions and replace them with healthier thoughts, leading to improved emotional well-being and greater life satisfaction.

## Frequently Asked Questions

### What is a cognitive distortions worksheet?

A cognitive distortions worksheet is a tool used in cognitive-behavioral therapy (CBT) to help individuals identify and challenge negative thought patterns that contribute to emotional distress.

### How can I use a cognitive distortions worksheet effectively?

To use a cognitive distortions worksheet effectively, start by writing down specific negative thoughts you experience. Then, identify the type of distortion present, challenge the validity of these thoughts, and replace them with more balanced or positive alternatives.

### What are some common cognitive distortions to look for?

Common cognitive distortions include all-or-nothing thinking, overgeneralization, catastrophizing, discounting the positive, and jumping to conclusions. Identifying these can help in reframing negative thoughts.

### Can a cognitive distortions worksheet help with anxiety and depression?

Yes, a cognitive distortions worksheet can be beneficial for managing anxiety and depression by helping individuals recognize and modify harmful thought patterns, ultimately leading to improved emotional well-being.

# Where can I find a cognitive distortions worksheet?

Cognitive distortions worksheets can be found online through mental health websites, therapy resources, or by consulting with a licensed therapist who can provide tailored worksheets suited to individual needs.

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