

Cognitive Distortions Workbook

Twelve thinking traps, each with a teaching page and reflective questions

Research-informed use. Common stress, worry, intrusive thoughts, and formal disorders are not treated as interchangeable. Cognitive and exposure-based tools require context; intensive exposure or response prevention is planned treatment, not an instruction to confront severe distress alone.

ABOUT THIS RESOURCE

A client workbook on unhelpful thinking patterns. It opens with what cognitive distortions are and where they come from, introduces the automatic thought record, then takes twelve distortions one at a time with a teaching page and reflective questions each, from mental filter to the fallacy of fairness. It closes with fact-or-opinion, putting thoughts on trial, reframing, 'what if' and decatastrophizing tools.

HOW TO USE IT

Introduce the distortion that showed up in session and assign its two-page spread. The closing tools apply to any of them.

AT A GLANCE

AUDIENCE **Client Resource**

FORMAT **Workbook**

FAMILY **CBT · anxiety · OCD · panic**

39

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Page numbers refer to this edition.

Cognitive Distortions Workbook · information

Cognitive distortions typically develop over time as a result of various factors, including past experiences, upbringing, cultural influences, and personality traits. They may arise from early childhood experiences, such as interactions with caregivers or traumatic events, as well as ongoing beliefs and perceptions about oneself, others, and the world. These distorted thought patterns can impact mental health in several ways.

COGNITIVE DISTORTIONS

Cognitive Distortions Workbook · information

RECOGNIZING UNHELPFUL THINKING PATTERNS 1. All-or-nothing thinking: Seeing things in black-and-white terms, with no shades of gray. 2. Overgeneralization: Drawing broad conclusions based on a single event or limited information. 3. Mental filter: Focusing only on the negative aspects of a situation while ignoring the positive. 4. Discounting the positive: Believing that positive experiences or qualities are insignificant or irrelevant.

5. Jumping to conclusions: Making assumptions about others' thoughts or intentions without evidence. 6. Magnification and minimization: Exaggerating the importance of negative events and downplaying positive ones. 7. Emotional reasoning: Believing that emotions reflect the true nature of reality. 8. "Should" statements: Holding rigid beliefs about how things "should" be, leading to feelings of guilt or frustration. 9. Labeling: Using negative labels to describe oneself or others based on behavior or perceived flaws.

10. Personalization: Taking responsibility for events that are beyond one's control. 11. Catastrophizing: Expecting the worst possible outcome in a given situation. 12. Control fallacies: Believing that one is either powerless or responsible for external events. 13. Blaming: Holding others or oneself responsible for negative events without considering external factors. 14.

What stands out?

How might this inform one next step?

1. Keep in view

Fallacy of fairness: Assuming that life should be fair and just, leading to feelings of resentment or anger.

2. Keep in view

15.

3. Keep in view

Heaven's reward fallacy: Believing that hard work or sacrifice will be rewarded in an idealized future.

COMMON COGNITIVE

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QUICK-REFERENCE LIBRARY

● COMMON COGNITIVE	● future or what others view of situations, yourself,
● DISTORTIONS	● think about you. or others, on the way you
● Jumping to	● Mental Filter
● Conclusions	● are feeling.
● Emotional	● Blaming
● Reasoning Focusing on your failures	● Catastrophizing
● Assuming that you know Believing that just because while avoiding to see your	● Defining yourself and Placing the blame on other
● what other people are you feel a certain way, then success, or focusing only	● Only seeing the worst others based on a single people instead of owning
● thinking.	● possible outcome of an event or behavior, such as
● thinking that your	● up to your mistakes or event or situation and then reducing yourself or other
● on the negatives of a	● sharing the responsibility.
● Making negative	● deciding that if this
● thoughts must then be situation whilst filtering	● people to a single,
● predictions about the true. Thus, you base your	● Taking on the victim outcome does happen, the negative, characteristic or
● out the positives.	

mentality.

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QUICK-REFERENCE LIBRARY

- mentality.
- “stupid.”
- results will be a disaster.
- and thoughts become
- Labeling descriptor, like “crazy” or Worries become escalated
- exaggerated.

Cognitive Distortions Workbook · information

This distortion behavior and situation on a of your own actions. You is usually accompanied by a scale of fairness. may blame yourself for belief that your happiness and You believe that things things that were totally success rests on other should be fair, and if they out of your control.

How might this inform one next step?

[illegible]

3. Keep in view

get what you want.

UNVEILING THE ROOTS OF COGNITIVE

Cognitive Distortions Workbook · information

DISTORTIONS: UNDERSTANDING THE INFLUENCE OF PAST EXPERIENCES AND BELIEF SYSTEMS
Cognitive distortions are like optical illusions of the mind, leading individuals to perceive reality in skewed and inaccurate ways. These distortions can impair our judgment, fuel negative emotions, and hinder our ability to navigate life's challenges effectively. While cognitive distortions may seem irrational or illogical, they often originate from deep-seated roots in our past experiences, conditioning, and belief systems.

Influences on Cognitive Distortions: Childhood Experiences: Our formative years play a crucial role in shaping our cognitive patterns and beliefs. Childhood experiences of neglect, abuse, or inconsistent validation can form the foundation for cognitive distortions such as 'All-or-Nothing Thinking' or 'Catastrophizing.' For instance, a child who constantly received criticism from caregivers may develop a distorted belief that they are inherently flawed or unworthy of love and success.

Cultural and Social Influences: Our cultural background, societal norms, and interpersonal relationships also contribute to the development of cognitive distortions.

What stands out?

How might this inform one next step?

1. Keep in view
Messages from media, societal expectations of success, and peer comparisons can reinforce distorted beliefs about self-worth, body image, achievement, and relationships.

2. Keep in view
The pressure to conform to societal standards or achieve unrealistic goals can fuel distortions like 'Labeling' or 'Mind Reading.' Traumatic Events: Traumatic events, such as loss, betrayal, or accidents, can significantly impact our cognitive processes and lead to the development of distorted thinking patterns as a coping mechanism.

3. Keep in view
Individuals who have experienced trauma may engage in 'Selective Abstraction,' focusing only on negative events or outcomes, while dismissing positive aspects of their lives.

Cognitive Distortions Workbook · worksheet

REFLECTION - What do you think has influenced your unhelpful thinking patterns?

AUTOMATIC THOUGHT RECORD

Cognitive Distortions Workbook · information

Automatic thoughts are the spontaneous and often unconscious thoughts that pop into our minds in response to different situations or triggers. These thoughts are usually connected to our underlying beliefs, biases, and past experiences. Automatic thoughts can be either positive or negative and can greatly influence our emotions, behaviors, and overall wellbeing. One way to become more aware of these automatic thoughts and their impact is to keep a diary focusing on them.

By recording your thoughts in a diary, you can start to identify patterns and recurring themes in your thinking. This can help you recognize any negative or distorted thoughts that may be contributing to feelings of anxiety, depression, or low selfesteem. Keeping a diary of your automatic thoughts can also help you better understand the connection between your thoughts, emotions, and behaviors. When you notice a pattern of negative automatic thoughts in certain situations, you can begin to challenge and reframe those thoughts.

By actively working to replace negative thoughts with more realistic and balanced ones, you can start to change your emotional reactions and behaviors in those situations. Having a record of your automatic thoughts can give you a sense of control and empowerment. It allows you to take a step back and analyze your thought process objectively, rather than being overwhelmed by emotions in the moment.

What stands out?

How might this inform one next step?

1. Keep in view

This selfawareness can be a powerful tool for personal growth and self-improvement.

2. Keep in view

In summary, keeping a diary of your automatic thoughts can be a valuable tool for increasing self-awareness, recognizing unhelpful thought patterns, and making positive changes to your emotions and behaviors.

3. Keep in view

By becoming more mindful of your thought processes and actively working to shift negative thinking patterns, you can cultivate a more positive and balanced mental outlook.

Date

Cognitive Distortions Workbook · reference list

QUICK-REFERENCE LIBRARY

- Date

● My response AUTOMATIC THOUGHT RECORD
- Situation

● New adaptive
- Automatic

● response
- thought

● Intensity of my
- Emotions

● automatic thought
- I felt

UNDERSTANDING THE

Cognitive Distortions Workbook · information

COGNITIVE DISTORTION OF MENTAL FILTER The cognitive distortion of mental filter involves focusing on your failures while avoiding to see your successes, or focusing only on the negatives of a situation while filtering out the positives. This skewed perception of reality can have a significant impact on our mood, self-esteem, and overall well-being. Examples of Mental Filter 1.

Social Media Comparison You scroll through social media and see posts of your friends and acquaintances showcasing their achievements, vacations, and happy moments. Instead of recognizing your own accomplishments and positive experiences, you only fixate on what you perceive as lacking in your own life, feeling inadequate and envious.

2. Physical Appearance: You receive compliments from friends and family about your appearance, but one passing comment about your outfit not being trendy enough sticks with you.

What stands out?

How might this inform one next step?

1. Keep in view
Despite receiving overall positive feedback, you focus solely on that one criticism, leading to feelings of insecurity and self-doubt.

2. Keep in view
Recognizing when you are engaging in mental filtering is the first step towards overcoming this cognitive distortion.

3. Keep in view
By actively challenging yourself to see the whole picture, recognize your achievements alongside setbacks, and reframe negative thoughts into balanced perspectives, you can cultivate a healthier mindset and boost your overall mental well-being.

MENTAL FILTER REFLECTIVE

Cognitive Distortions Workbook · worksheet

MENTAL FILTER REFLECTIVE QUESTIONS

Am I filtering out my successes and focusing solely on my failures or shortcomings in this situation?

2 How might my perspective change if I consciously acknowledged and appreciated the positives alongside the negatives?

How does my mental filtering impact my emotions and self-perception, and how can I challenge this biased focus?

Cognitive Distortions Workbook · information

Without concrete information, you immediately assume they are discussing your performance or potential layoffs. This assumption leads to heightened anxiety and decreased work performance, causing unnecessary stress. 2. Relationship Assumptions: Your partner forgets to send a goodnight text one evening.

JUMPING TO CONCLUSIONS

Cognitive Distortions Workbook · worksheet

JUMPING TO CONCLUSIONS REFLECTIVE QUESTIONS Am I jumping to conclusions without solid evidence, and how is this impacting my

What other interpretations or explanations could exist that I may not have considered

thoughts and emotions in this situation?

before jumping to conclusions?

How can I practice patience and gather more information before drawing conclusions to avoid unnecessary stress and misunderstandings?

Cognitive Distortions Workbook · information

2. Relationship Assumption: When your friend cancels plans at the last minute, you immediately feel hurt and rejected.

How might this inform one next step?

By practicing mindfulness, seeking objective information, and challenging irrational beliefs rooted in emotions, one can develop a healthier mindset and improve overall well-being.

EMOTIONAL REASONING

Cognitive Distortions Workbook · worksheet

EMOTIONAL REASONING REFLECTIVE QUESTIONS

How are my emotions influencing my beliefs and decisions in this situation, and are they

What evidence can I gather to support or challenge my emotional reasoning before

based on facts or assumptions?

drawing conclusions?

How can I separate my emotions from the facts and consider alternative perspectives to avoid falling into the trap of emotional reasoning?

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Examples of Labeling 1. Self-Criticism: You make a mistake at work and immediately label yourself as "stupid" or "incompetent." This self-labeling can lead to a cycle of negative self-talk and erode your self-confidence, affecting your performance and well-being.

By reframing negative labels, focusing on individual actions rather than overarching judgments, and fostering a culture of acceptance and growth, one can break free from the limitations imposed by cognitive distortions like labeling.

LABELING REFLECTIVE QUESTIONS

Cognitive Distortions Workbook · worksheet

LABELING REFLECTIVE QUESTIONS

How have labels, whether self-imposed or directed at others, influenced my

What impact do these labels have on my self-esteem and relationships, and are they

perceptions and interactions?

based on a holistic view or biased assumptions?

How can I challenge and reframe these labels to cultivate a more compassionate and understanding perspective of myself and others?

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Team Project: During a group project at work or school, when things do not go as planned, instead of taking responsibility for their part, someone blames their colleagues for the shortcomings. This blaming behavior can lead to resentment among team members and hinder collaboration.

BLAMING REFLECTIVE QUESTIONS

Cognitive Distortions Workbook · worksheet

BLAMING REFLECTIVE QUESTIONS

How often do I find myself resorting to blaming others or external circumstances

What deeper emotions or insecurities might be underlying my tendency to shift blame

when faced with challenges or setbacks?

rather than taking ownership of my actions?

In what ways can I cultivate a mindset of accountability and learn from past experiences to foster personal development and healthier relationships?

Cognitive Distortions Workbook · information

This catastrophic thinking can elevate their stress levels and impact their performance during the actual interview.

2.

CATASTROPHIZING

Cognitive Distortions Workbook · worksheet

CATASTROPHIZING REFLECTIVE QUESTIONS

How often do I catch myself exaggerating the potential negative outcomes of a

What impact does catastrophizing have on my mental health and overall outlook on

situation, leading to increased anxiety or stress?

life, and how can I reframe my thinking to focus on more realistic and balanced perspectives?

In what ways can I practice mindfulness and grounding techniques to stay present and rational when faced with uncertainties or challenges, rather than spiraling into catastrophic thoughts?

Cognitive Distortions Workbook · information

This generalized belief can impact their confidence in future social interactions, leading to avoidance or anxiety.

2. Exercise Routine: If someone misses a day of their workout routine, they might overgeneralize this lapse as evidence of their lack of discipline or inability to stick to a healthy lifestyle.

OVERGENERALIZING

Cognitive Distortions Workbook · worksheet

OVERGENERALIZING REFLECTIVE QUESTIONS In what areas of my life do I tend to overgeneralize based on limited experiences, and

How can I challenge overgeneralizations by seeking out contradictory evidence,

how does this impact my self-perception and interactions with others?

considering exceptions to my broad conclusions, and reframing my beliefs to be more realistic and balanced?

What strategies can I implement to cultivate a growth mindset and acknowledge that setbacks or failures in specific situations do not define my overall capabilities or worth as an individual?

UNDERSTANDING THE

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COGNITIVE DISTORTION OF BLACK AND WHITE THINKINGS Black-and-white thinking, also known as dichotomous thinking or all-or-nothing thinking, is a cognitive distortion characterized by viewing situations, people, or oneself in absolute terms of either "good" or "bad," with no room for gray areas or complexity. This type of thinking can lead to emotional distress, rigid perspectives, and difficulties in problem-solving and decision-making.

Examples of Black and White Thinking 1. Relationships: If a friend cancels plans once, someone prone to black-and-white thinking may perceive this behavior as a sign of betrayal or lack of care. They might jump to the conclusion that their friend is unreliable and not a true friend, without considering the possibility of other factors affecting the situation.

2. Work Performance: An employee who receives constructive criticism on a project may perceive this feedback as a complete failure, viewing themselves as incompetent or inadequate.

What stands out?

How might this inform one next step?

1. Keep in view
This all-or-nothing thinking can lead to feelings of demotivation and self-blame, hindering their ability to learn from the feedback and improve their performance.

2. Keep in view
Recognizing the inclination towards black-and-white thinking is essential for fostering resilience, adaptability, and healthier relationships with oneself and others.

3. Keep in view
By challenging these rigid beliefs, exploring alternative interpretations, and embracing shades of gray in one's perspective, individuals can navigate challenges with greater flexibility and emotional intelligence.

BLACK AND WHITE THINKING

Cognitive Distortions Workbook · worksheet

BLACK AND WHITE THINKING REFLECTIVE QUESTIONS

How does black-and-white thinking impact my emotions and behaviors in various

What evidence can I seek to challenge the rigid beliefs stemming from black-and-

aspects of my life, such as relationships, work, and self-perception?

white thinking, and how can I practice a more nuanced and balanced perspective in interpreting situations?

3 In what ways can I cultivate tolerance for ambiguity and shades of gray in my thinking, acknowledging that most situations and individuals are complex and multifaceted rather than purely black or white?

UNDERSTANDING THE

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COGNITIVE DISTORTION OF SHOULD STATEMENTS "Should" statements are a type of cognitive distortion where individuals impose rigid and unrealistic expectations on themselves or others. These statements often reflect rules and demands about how things "should" be, leading to feelings of frustration, guilt, and self-criticism when reality does not align with these rigid beliefs. Examples of Should Statements 1.

Personal Health: A person may often use "should" statements when it comes to their health habits. For instance, they might think, "I should exercise every day," or "I shouldn't eat any sweets." When they inevitably miss a day of exercise or give in to a craving, they may feel guilty and berate themselves for not meeting their self-imposed expectations.

2.

What stands out?

How might this inform one next step?

1. Keep in view
Work Expectations: In a workplace setting, an individual might think, "My boss should recognize my hard work without me having to remind them," or "My colleagues should always appreciate my contributions." When their efforts go unnoticed or unappreciated, they could feel resentful and disheartened, leading to a negative work environment.

2. Keep in view
Recognizing and addressing the prevalence of "should" statements in one's thoughts is a crucial step toward developing greater self-awareness and resilience.

3. Keep in view
By practicing self-compassion, setting realistic expectations, and reframing rigid beliefs into more flexible and empowering narratives, individuals can nurture a healthier relationship with themselves and others.

SHOULD STATEMENTS

Cognitive Distortions Workbook · worksheet

SHOULD STATEMENTS REFLECTIVE QUESTIONS

How do my "should" statements impact my mental health and well-being, particularly in

What underlying beliefs drive my tendency to use "should" statements, and how can I

terms of setting unrealistic expectations for myself or others?

challenge these beliefs to foster a more compassionate and realistic mindset?

In what ways can I reframe my language and thoughts from "should" to more flexible and constructive statements that are motivated by choice and self-compassion rather than obligation and criticism?

UNDERSTANDING THE COGNITIVE DISTORTION OF PERSONALIZATION

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Personalization is a cognitive distortion where individuals attribute external events or others' behaviors to themselves without valid reasons. This distortion involves taking undue responsibility for things that are beyond their control, leading to feelings of guilt, self-blame, and a distorted sense of self-worth. Examples of Personalization 1. Social Interactions: Imagine a scenario where a friend cancels plans to hang out due to feeling unwell.

Someone prone to personalization may automatically assume, "They canceled because they don't enjoy spending time with me; I must have done something wrong." This individual internalizes their friend's actions and interprets them as a reflection of their worth, even though the real reason behind the cancellation may have nothing to do with them.

2. Work Dynamics: In a workplace setting, a team project might not meet the desired outcome, leading to repercussions within the team.

What stands out?

How might this inform one next step?

1. Keep in view
An employee susceptible to personalization may immediately think, "It's my fault that the project failed; I must not have contributed enough or done my part correctly." This individual internalizes the team's failure as a reflection of their own capabilities, disregarding the complex factors that could have contributed to the project's outcome.

2. Keep in view
Recognizing and addressing personalization is crucial for fostering a healthier sense of self-esteem and relationships with others.

3. Keep in view
By engaging in introspection, seeking feedback from trusted individuals, and reframing situations to consider various perspectives and external factors, individuals can gradually overcome the negative impact of personalization.

PERSONALIZATION

Cognitive Distortions Workbook · worksheet

PERSONALIZATION REFLECTIVE QUESTIONS

How does personalization affect my self-perception and relationships with others, especially in situations where I tend to take undue responsibility for external events or others' behaviors?

What evidence do I have to support my tendency to personalize situations, and how can I challenge these assumptions to cultivate a more realistic and self-compassionate perspective?

3 In what ways can I practice self-kindness and differentiate between what is within my control and what is outside of my influence to prevent falling into the trap of personalization and self-blame?

Cognitive Distortions Workbook · information

Examples of Fallacy of Change 1. Relationship Dynamics: Consider a situation where someone is in a relationship with a partner who has certain habits or behaviors that they find problematic. The individual may convince themselves, "If I love them enough or show them how much their behavior is hurting me, they will change." This belief in the power to change their partner's fundamental traits overlooks the complexity of human behavior and may lead to ongoing conflicts and resentment.

Addressing the fallacy of change involves acknowledging the limitations of one's influence over others, setting boundaries, and directing efforts towards personal growth, effective communication, and building healthier relationships based on mutual respect and understanding.

FALLACY OF CHANGE

Cognitive Distortions Workbook · worksheet

FALLACY OF CHANGE REFLECTIVE QUESTIONS

How does holding onto the fallacy of change impact my relationships with others and my mental well-being, especially when I feel frustrated or defeated by my inability to influence someone else's behavior or beliefs?

What emotional and cognitive investments am I making in trying to change others, and how does this distract me from fostering acceptance, understanding, and healthy boundaries in my interactions?

In what ways can I shift my focus from attempting to change others to focusing on setting realistic expectations, boundaries, and communication strategies that align with my values and well-being?

How can I practice acceptance and mindfulness in challenging situations where acceptance might be the healthier choice?

Cognitive Distortions Workbook · information

Examples of Fallacy of Fairness 1. Workplace Scenarios: Imagine a situation where two colleagues are assigned similar tasks, but one receives praise and recognition while the other's efforts go unnoticed. The individual who feels overlooked may think, "It's not fair that I worked just as hard but didn't receive the same recognition." This focus on comparative fairness overlooks factors such as individual strengths, timing, and organizational dynamics that influence outcomes in the workplace.

2. **Social Relationships:** In friendships or romantic partnerships, someone may expect equal effort, support, and reciprocity from their loved ones at all times.

[illegible][illegible]

Challenging the fallacy of fairness involves acknowledging the inherent unpredictability of life, recognizing individual differences and circumstances that influence outcomes, and cultivating empathy, resilience, and gratitude for the diverse experiences and perspectives that shape human interactions.

FALLACY OF FAIRNESS

Cognitive Distortions Workbook · worksheet

FALLACY OF FAIRNESS REFLECTIVE QUESTIONS

How does my fixation on the fallacy of fairness impact my emotional well-being and relationships with others, especially when I feel resentful or disillusioned by perceived injustices or unequal treatment?

In what ways can I reframe my expectations around fairness to focus on personal growth, resilience, and gratitude for the richness and diversity of experiences life offers, rather than a rigid adherence to the notion of fairness as absolute equality?

What opportunities for learning and self-awareness arise when I embrace life's unpredictability and complexities, nurturing a mindset of acceptance, adaptability, and compassion towards myself and others even in moments of perceived unfairness or adversity?

FACT OR OPINION?

Cognitive Distortions Workbook · reference list

QUICK-REFERENCE LIBRARY

- FACT OR OPINION?
- difference between the two.
- FACT A truth known by an experience or observation. Something that is known to be
- No-body likes me I'm going to fail my presentation The doctor called me in because they have bad news
- true. For example, the planet is round; it is spherical in shape.
- My boyfriend is going to break up with me My friends are all talking behind my back
- OPINION Someone's view or judgment of someone or something is only sometimes based
- I'm a total failure I'll never be able to get a job There are rumors going around about me My teacher is picking on me
- on knowledge or fact. Even though we know the difference between facts and opinions, in times of emotional distress,
- FACT
- such as when we feel anxious, the rational part of our brain gets 'taken' over by the emotional part of the brain. In these times, our brains can have difficulty differentiating the difference
- OPINION
- between facts and opinions. With more practice, you can help yourself become more robust and better at identifying the

PUTTING THOUGHTS

Cognitive Distortions Workbook · worksheet

PUTTING THOUGHTS ON TRAIL THE THOUGHT

What am I worrying about?

THE DEFENCE Do I have any evidence that my thought could be true?

THE PROSECUTION Do I have any evidence that my thought could not be true?

THE JUDGE'S VERDICT When I look at all of the evidence, can I decide whether my thought is likely to come true or not?

REFRAMING THOUGHTS

Our thoughts determine our behavior. Therefore, it is essential to have positive thoughts. Try and change negative thinking into more positive, productive thinking.

Instead of..

Try..

Everyone is going to stare
at me



People might look at me
because they like my outfit

What if I make a mistake



I won't know anyone at the
party



I don't want to do this



No body at school likes me



I am a failure



I am going to come last



Cognitive Distortions Workbook

Cognitive Distortions Workbook · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— WHAT IF????

— SITUATION INSTEAD.

— OFTEN WHEN WE HAVE AN ANXIOUS THOUGHT, WE ATTACH IT WITH "WHAT IF?" FOR EXAMPLE,

— NEGATIVE WHAT

— "WHAT IF I FAIL MY TEST" "WHAT IF THE DOCTOR HAS BAD NEWS," "WHAT IF I'M LATE." WHEN DOING

— IF?.....

— THIS, WE PREDICT A TERRIBLE SITUATION AND FAIL TO SEE ANY OTHER POSSIBLE OUTCOMES. IF YOU

— POSITIVE WHAT

— FIND YOURSELF SAYING "WHAT IF, "CATCH YOUR THOUGHT AND THINK OF A POSITIVE "WHAT IF"

— IF?.....

Cognitive Distortions Workbook

Cognitive Distortions Workbook · question bank

COLLABORATIVE PROMPT MENU · ADAPT, SKIP, OR REPHRASE AS NEEDED

— DECATASTROPHIZING

— IF MY WORRY DOES COME TRUE, WHAT IS THE WORST POSSIBLE OUTCOME?

— WHAT AM I WORRIED ABOUT?

— IF MY WORRY DOES COME TRUE, WHAT IS LIKELY TO HAPPEN? HOW WILL IT AFFECT ME?

— WHEN I THINK ABOUT ALL THE EVIDENCE AND MY PAST EXPERIENCES, HOW LIKELY IS IT THAT THIS

— WILL THIS WORRY MATTER TOMORROW, NEXT WEEK, IN A MONTH OR EVEN IN A YEARS

— WORRY WILL ACTUALLY COME TRUE?

— TIME?