

CBT WORKSHEET

Spotting Cognitive Distortions

Ten common ways the mind bends the story. Tick the ones you noticed this week, then pick one to reframe.

Distortion	What it sounds like
■ All-or-nothing	Seeing things in black-and-white. "If I'm not perfect, I've failed."
■ Catastrophizing	Expecting the worst case as the likely case.
■ Mind reading	Assuming you know what others think — usually badly of you.
■ Fortune telling	Predicting the future as already decided, and bleak.
■ Emotional reasoning	"I feel it, so it must be true."
■ Should statements	Pressuring yourself with "should," "must," "ought."
■ Personalization	Taking responsibility for things outside your control.
■ Labeling	Turning a single event into a global identity. "I'm a failure."
■ Mental filter	Zooming in on the one bad thing and tuning out the rest.
■ Discounting positives	Brushing off good things as "not counting."

Pick one — reframe it

The thought (as your mind said it):

The distortion at work:

A wider, equally true version:
