

COGNITIVE DISTORTIONS

Cognitive distortions are like a filter that we put on our thoughts. The filter or distortion isn't reality. They can increase anxiety and make us not see ourselves or others accurately.

Below are some of the most common cognitive distortions. Which ones are filters that you sometimes have?

CATASTROPHIZING	ASSUMING A NEGATIVE OUTCOME AND ASSUMING THAT IT WILL BE THE WORST POSSIBLE OUTCOME. FOR EXAMPLE: I'M NERVOUS ABOUT DOING WELL ON THIS TEST. IF I DON'T DO WELL, I'LL FAIL THE CLASS AND WON'T GET INTO COLLEGE.
EMOTIONAL REASONING	ASSUMING OUR FEELINGS OR EMOTIONS ARE FACTS AND EMPERICALLY TRUE. FOR EXAMPLE: I FEEL ANXIOUS ABOUT THIS ROAD TRIP, SO THAT MEANS SOMETHING BAD IS GOING TO HAPPEN.
FORTUNE TELLING	PREDICTING THAT SOMETHING IS LIKELY TO HAPPEN WITHOUT CONSIDERING OTHER, MORE LIKELY OUTCOMES. FOR EXAMPLE: I'LL NEVER MAKE THE BASKETBALL TEAM, SO WHY EVEN PRACTICE?
BLACK & WHITE THINKING	THINKING IN EXTREMES AND USING WORDS LIKE "ALWAYS," "NEVER," "PERFECT," "RUINED," "DISASTER," AND "IMPOSSIBLE". FOR EXAMPLE: MY MOM TOOK MY PHONE AWAY, AND NOW MY WHOLE WEEK IS RUINED.
LABELING	TAKING ONE ACTION OR CHARACTERISTIC OF A PERSON AND APPLYING IT TO THE WHOLE PERSON. FOR EXAMPLE: I FAILED THE MATH TEST, SO I'M STUPID. HE BOLDED HIS EYES AT ME, SO HE'S A BULLY.

Cognitive Distortions Handout

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Cognitive Distortions Handout:

Reviewing **Cognitive Distortions Handout**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Cognitive Distortions Handout**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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