

Marin Integrative Therapy, LLC

www.mitcounseling.com

10 Cognitive Distortions Worksheet

Situation/Event: _____

Current Thought	Cognitive Distortions Present (#)	New Thought

(KEY): Cognitive Distortions

1. All-or-nothing thinking: black-and-white, absolute, no gray area
2. Overgeneralization: It's **always** that way
3. Mental Filter: negative focus, not looking at any positives
4. Discounting the Positives: anything positive doesn't count
5. Jumping to Conclusions: entails mind-reading and fortune-telling
6. Magnification (or minimization): blowing up or shrinking the importance of something
7. Emotional reasoning: I feel (stupid); therefore, I must be (stupid)
8. (My personal favorite) – The "Should's": You say I should, they should, he/she should, ought to, have to, must....
9. Labeling: I'm an idiot instead of I made a mistake
10. Blame: yourself or someone else