

Situation:

Thoughts & Beliefs

- 1.
- 2.
- 3.
- 4.
- 5.

Thinking Distortions

Filtering: focus on the negatives and ignoring the positives

Black & White: either/or, all or nothing

Overgeneralization: making a general conclusion from limited evidence

Jumping to Conclusions: assuming something, especially others' thoughts, that we can't actually know

Fortune-Telling: assuming nothing we do can change what will happen

Magnifying: always assuming the worst, making something a bigger issue than it is

Minimizing: choosing to ignore something, making something a smaller issue than it is

Personalization: believing everything that happens is directed at yourself

External Control: others control what I do or feel, I have no choice in my responses

Internal Control: assuming we are responsible for everything around us

Fairness: assuming we know what is fair or that life should be fair

Should: believing in ironclad rules about how people, including ourselves, should act or behave

Emotional Reasoning: if I feel that way it must be true

New Thoughts & Beliefs

- 1.
- 2.
- 3.
- 4.
- 5.

Could it
get
better if
I do
this?

- 1.
- 2.
- 3.
- 4.
- 5.