

COGNITIVE DISTORTIONS

Cognitive distortions are unrealistic and biased ways of thinking that influence how we view situations, our emotions, and our behavior. While everyone experiences these thoughts from time to time, they can become problematic if they happen frequently or are too extreme.

Magnification and minimization:

Overemphasizing or underplaying the significance of events. For example, you might downplay your own successes or exaggerate your mistakes, making them seem more important than they are.

Catastrophizing:

Focusing only on the worst possible outcome of a situation, no matter how unlikely it is.

Overgeneralization:

Drawing sweeping conclusions based on a single event or very few instances. For example, "I made an awkward comment at the party. I'm always awkward in social situations."

Magical Thinking:

Believing that your thoughts, feelings, or actions can influence unrelated events. For instance, "If I hadn't wished for something bad to happen, it wouldn't have happened."

Personalization:

Assuming responsibility for things outside of your control. For example, "My friend is upset. If I had been more supportive, she wouldn't be sad."

Jumping to Conclusions:

Forming an interpretation of a situation with little to no evidence.

Mind Reading:

Believing you know what others are thinking, without sufficient evidence. For example, "He didn't reply to my message; he probably doesn't like me."

Fortune Telling:

Expecting that things will go wrong without any solid evidence. For instance, "This project is going to fail, I just know it."

Emotional Reasoning:

Assuming that how you feel reflects reality. For example, "I feel like a failure, so I must be a failure."

Discounting the Positive:

Ignoring the good aspects of a situation and focusing only on the negative. For instance, after receiving mostly positive feedback at work, you fixate on the one minor criticism.

"Should" Statements:

Believing that things must always be a certain way. For example, "I should never make mistakes."

Black-and-White Thinking:

Seeing things in extremes, such as "always," "never," or "everything." For example, "I never succeed at anything," or "I always mess things up."

THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

Event

What happened?

Feelings

How did it make me feel?

Thoughts

What was I telling myself when the event was happening?

Behaviour

What was my response to the situation?

Supportive evidence

Why is my thought true?

Non-supportive evidence

Why might my thought not be true?

COPING SKILLS LOG

Situation:

Thoughts:

Emotions & Intensity 1 to 10:

Coping Skill:

Results:

Emotions & Intensity 1 to 10:

NEGATIVE TO POSITIVE

self-talk

Our inner dialogue has a powerful impact on how we feel, think, and act. Negative self-talk can hold us back, increase stress, and damage our self-esteem. By recognizing and reframing these negative thoughts into positive ones, we can improve our mindset and overall well-being.

Identify Your Negative Thoughts:

Start by writing down some of your negative self-talk or limiting beliefs. These are the thoughts that come up when you're feeling down, anxious, or stressed.

Example: "I'll never get this right."

Reframe the Negative Thought:

Now, take each negative thought and reframe it into something more positive or realistic. The goal is to create a balanced and encouraging perspective.

Example: "I may not get it right the first time, but I can improve with practice."