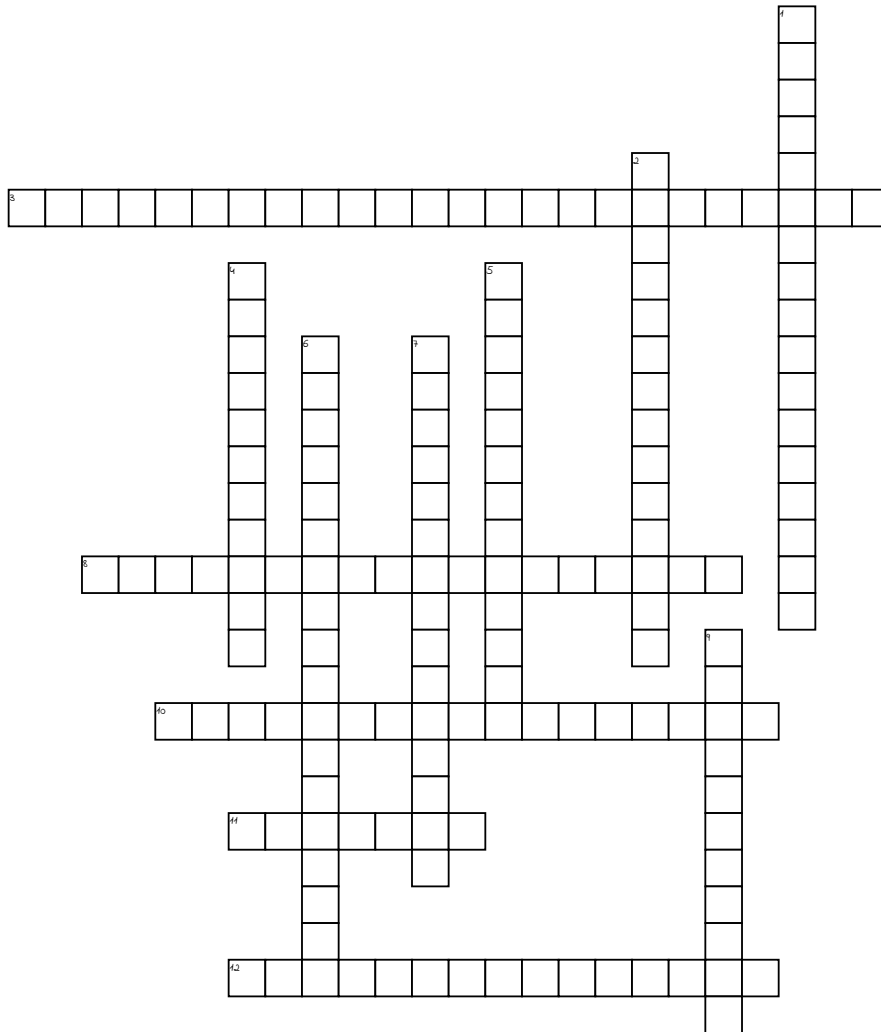


Cognitive Distortions



Across

3. rejecting positive experiences by insisting they "don't count"
8. evaluating your feelings as facts
10. making a negative interpretation even though there are no definite facts
11. holding only others responsible
12. focusing only on the negatives

Down

1. all or nothing; black and white thinking; if your performance falls short of perfect, you see yourself as a total failure
2. anticipating that things will turn out badly, assuming your anticipation is a fact
4. holding only yourself accountable
5. also known as exaggeration

6. a single negative event viewed as a never-ending pattern of defeat
7. exaggerating or devaluing the importance of things
9. arbitrarily concluding that someone is reacting negatively to you

Word Bank

mental filtering
catastrophizing
overgeneralization
fortune telling

polarized thinking
magnification
blaming
emotional reasoning

conclusion jumping
disqualifying the positive
mind reading
self blaming