

Name: _____

Date: _____

Cognitive Distortions

F D G U X N T J E Q D D E N S T M Q J F X P Z R
S T N E M E T A T S D L U O H S F E E D Q M Q N
P R L G H M S T E U L Y B I X F P I H Q W B N G
A L L O R N O T H I N G R T T P U O Z J N Y G N
U T S K L C N X R L C B A A Z Z Y E A U G Q G I
D U A E X M V G G S F P X Z T F G C K G J O D Z
A G B R B B A C B K K P K I M K H L V W H F L I
I V H D U S Q R J E D F S M I Q T G O Z S R X H
Y H O Y P W Z S F M B H V I G P M K B X E M K P
N C T G I V H E Z F Y D I N H K H M P W Z K A O
R F P L A D T K N T T M Z I F H T S X O Y N X R
X L U X C G W H M E D D H M A S P D L E T R S T
G N F S N O I S U L C N O C O T G N I P M U J S
D T K M A G N I F I C A T I O N R B P T U E U A
K J R S K T T P U N T I R I U C U V O E D T J T
G Y E S Q O B H B T D G Z X U C K Q E G F L W A
P E R S O N A L I Z A T I O N P F F S V R Z M C
Y X O V E R G E N E R A L I Z A T I O N P P J T
D I S Q U A L I F Y I N G T H E P O S S I T I V E
H X F N R P W P L N J M J J W Z G A U B H A H R
O E M O T I O N A L R E A S O N I N G C P O A K
K Y I B A S X S Z B L I V C U R M B T R W O S Q
L M K U X E M A G I C A L T H I N K I N G T F L
P D B U T G Y B P M A K U N H J V D O A J N E L

Should statements

Disqualifying the positive

Catastrophizing

Minimization

Magnification

Overgeneralization

Magical thinking

Personalization

Jumping to conclusions

Emotional reasoning

All or Nothing