

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Word Scramble Cognitive Distortions

1. CTIIIONGAFNMA magnification
2. NIIMTNIAOIZM minimization
3. TPAAISTOHZGNCL catastrophizing
4. VONRAREAGOTEZEIINL overgeneralization
5. AALMCGI HNITGINK magical thinking
6. ZNEOATSIIPRANLO personalization
7. JNGMPUI TO NOSICLOUSCN jumping to conclusions
8. MNID DGARIEN mind reading
9. ORUFNET LNEITGL fortune telling
10. TEIONMLOA ANOIGSNER emotional reasoning
11. SIFAIGLIQUYND HTE SIOPEVIT disqualifying the positive
12. DLHOUS STAEMSETTN SHOULD statements
13. LAL OR GHTNION IKNNIGTH ALL OR NOTHING thinking