Cognitive Distortions:
My Examples & Balanced Thoughts

Review these common cognitive distortions, or "thought traps" and find new ways to think about the trigger or situation.

All or Nothing Thinking

Seeing things in black-or-white terms with no middle ground; believing only total success or total failure counts.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

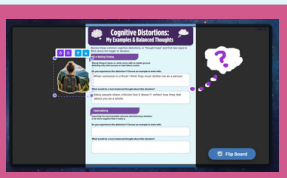
Catastrophizing

Expecting the worst possible outcome and believing a situation is far more negative than it really is.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

Would you like to type or draw on this worksheet?
Open and interact with worksheets or upload your own to share
Try the Therapeutic Discovery Whiteboard at www.onlinetherapytools.com



Cognitive Distortions: My Examples & Balanced Thoughts

Labeling

Assigning a negative label to yourself or others based on a mistake or one aspect of a situation.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

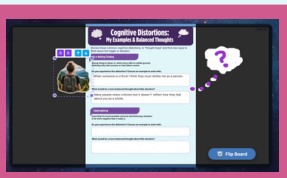
Fortune Telling

Predicting negative outcomes without enough evidence and believing the worst will happen.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

Would you like to type or draw on this worksheet?
Open and interact with worksheets or upload your own to share
Try the Therapeutic Discovery Whiteboard at www.onlinetherapytools.com



Cognitive Distortions: My Examples & Balanced Thoughts

Mind Reading

Assuming you know what others are thinking without any real evidence.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

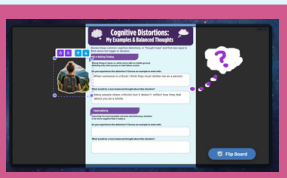
Emotional Reasoning

Believing that because you feel a certain way, it must be true.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

Would you like to type or draw on this worksheet?
Open and interact with worksheets or upload your own to share
Try the Therapeutic Discovery Whiteboard at www.onlinetherapytools.com



Cognitive Distortions: My Examples & Balanced Thoughts

Mental Filtering

Focusing only on the negatives while ignoring the positives.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

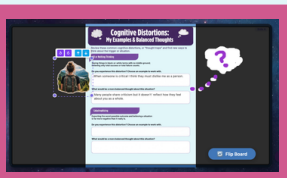
Magnification

Exaggerating the importance of problems or how bad things are.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

Would you like to type or draw on this worksheet?
Open and interact with worksheets or upload your own to share
Try the Therapeutic Discovery Whiteboard at www.onlinetherapytools.com



Cognitive Distortions: My Examples & Balanced Thoughts

Overgeneralizing

Seeing a single negative event as a never-ending pattern of defeat.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

Should Statements

Believing that things “should” or “shouldn’t” be a certain way. These rigid rules can lead to guilt, frustration, and disappointment.

Do you experience this distortion? Choose an example to work with.

What would be a more balanced thought about this situation?

Would you like to type or draw on this worksheet?
Open and interact with worksheets or upload your own to share
Try the Therapeutic Discovery Whiteboard at www.onlinetherapytools.com

