

Cognitive *distortions* log

Everyone's thoughts and statements often contain cognitive distortions. We usually don't notice them, yet they can make emotions stronger and longer-lasting. To deal with them, you first need to learn to recognise them. Over the next week, please observe your own thoughts and statements, both when you feel well and when you feel strong unpleasant emotions such as anxiety, sadness or anger.

Client _____ date _____

Fortune telling/catastrophising

Examples when I feel calm:

Examples when I feel: _____

All-or-nothing (black-and-white) thinking

Examples when I feel calm:

Examples when I feel: _____

Overgeneralisation

Examples when I feel calm:

Examples when I feel: _____

Selective attention

Examples when I feel calm:

Examples when I feel: _____

Discounting the positive, minimising ("yes, but...")

Examples when I feel calm:

Examples when I feel: _____

Mind reading

Examples when I feel calm:

Examples when I feel: _____

Labelling

Examples when I feel calm:

Examples when I feel: _____

Personalisation

Examples when I feel calm:

Examples when I feel: _____

other distortion

Examples when I feel calm:

Examples when I feel: _____