

Challenging Our Cognitions

Using this sheet, you can:

- 1) Identify some **automatic thoughts** you have that might seem irrational,
- 2) Describe the **cognitive distortion** underlying these thoughts,
- 3) List the **evidence for and evidence against** these thoughts,
- 4) Write down an **alternative thought** that might be more plausible.



AUTOMATIC THOUGHTS	DISTORTION	FOR	EVIDENCE	AGAINST	ALTERNATIVE THOUGHT
<p>If I do the presentation I'm likely to make a mistake...my classmates will laugh, my teacher will be disappointed</p>	<p>Catastrophizing</p>	<p>- I haven't done a presentation for a long time</p>	<p>- I've given presentations in the past and got great feedback</p>	<p>- I have made a mistake in a presentation before, but I laughed it off and moved on</p>	<p>If I prepare for the presentation I might not make a mistake - but if I do, I know I can keep going and still do my best.</p>
<p>My old friends are talking behind my back, judging me, ignoring me</p>	<p>Over-Generalisation</p>	<p>- Jesse doesn't talk to me</p>	<p>- I was invited to Sam's place the other day</p>	<p>- Chris and I still walk to school together every day</p>	<p>We're all busy and focussing on other things, and even though we have different interests now I still have friends who care about and support me.</p>
<p>My mother doesn't care about what worries me, only about my grades</p>	<p>Mind Reading</p>	<p>- She always asks about my school work - She lost it after I failed the last test</p>	<p>- She always helps me solve a problem if I tell her that I feel nervous about something</p>	<p>-</p>	<p>My mother knows how important good grades are to me, and that I want to do my best - when she asks about school, I can share more with her than just my grades.</p>

Overgeneralization
You make a sweeping negative conclusion that goes far beyond the current situation.

Magnification/minimization
You unreasonably magnify negative (minimize positive) when evaluating self (others).

Disqualifying or discounting the positive
You unreasonably tell yourself that positive things do not count.

Labeling
You put a fixed, global label on self / others ignoring evidence for less disastrous conclusion.

Catastrophizing
You predict the future negatively without considering other, more likely outcomes.

Tunnel vision
You only see the negative aspects of a situation.

All-or-nothing thinking
You view a situation in only two categories instead of on a continuum.

"Should" / "must" statements
Fixed idea of ideal behaviour, and overestimate implications if not followed.

Mind reading
You believe you know what others are thinking, failing to consider other possibilities.

Personalization
Others negative behaviour is because of you, without considering more likely explanations.

Mental filter
You pay undue attention to one negative detail instead of seeing the whole picture.

Emotional reasoning
Think something must be true because you feel it so strongly, ignoring contrary evidence.