

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

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.