



Can you think of examples from your own life, your colleagues, or your family where someone was seeing a situation through cognitive distortions?

Horizontal lines for writing answers to the first question.

Cognitive Distortions

- All-or-Nothing Thinking
- Overgeneralizing
- Negative Filtering / Discounting Positives
- Mind Reading / Fortune Telling
- Catastrophizing / Minimization
- Emotional Reasoning
- Should Statements
- Labeling
- Personalization / Blaming



Adapted from David Burns,
Feeling Good

Can you think of something happening at a societal level that seems overly negative?

Horizontal lines for writing answers to the second question.






Choose one of the situations you thought of in the first question, and using the triple-column technique, what are some other ways to look at it?

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Automatic Thought	Cognitive Distortion	Rational Response

Adapted from David Burns, *Feeling Good*

