

Appendix 12a: Cognitive Distortions

TYPES OF COGNITIVE DISTORTIONS

- 1) **All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
- 2) **Overgeneralization:** You view a negative event as a never-ending pattern of defeat.
- 3) **Mental filter:** You dwell on the negatives and ignore the positives.
- 4) **Discounting the positives:** You insist that your accomplishments or positive qualities "don't count."
- 5) **Jumping to conclusions:** (A) Mind reading-you assume that people are reacting negatively to you when there's no definite evidence for this;
(B) Fortune-telling: you arbitrarily predict that things will turn out badly.
- 6) **Magnification or minimization:** You blow things way up out of proportion or you shrink their importance inappropriately
- 7) **Emotional reasoning:** You reason from how you feel: "I feel like an idiot, so I really must be one." Or "I don't feel like doing this, so I'll put it off."
- 8) **"Should" statements:** You criticize yourself or other people with "shoulds" or "shouldn'ts." "Musts," "oughts," and "have tos" are similar offenders.
- 9) **Labeling:** You identify with your shortcomings. Instead of saying "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or "a loser."
- 10) **Personalization and blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.

Appendix 12b The Daily Mood Log

STEP ONE: DESCRIBE THE UPSETTING EVENT:

STEP TWO: RECORD YOUR NEGATIVE FEELINGS- and rate each one from 0 (the least) to 100 (the most.) Use words like anxious, hopeless, angry, frustrated, etc.

Emotion	Rating	Emotion	Rating	Emotion	Rating
1.		3.		5.	
2.		4.		6.	

STEP THREE: THE TRIPLE-COLUMN TECHNIQUE

Automatic Thoughts Write your negative thoughts and estimate your belief in each one (0-100.)	Distortions Identify the distortions in each Automatic Thought.	Rational Responses Substitute more realistic thoughts and estimate your belief in each one (0-100.)

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