

## **Week Three: Challenging Your Thinking**

### **Today's Agenda:**

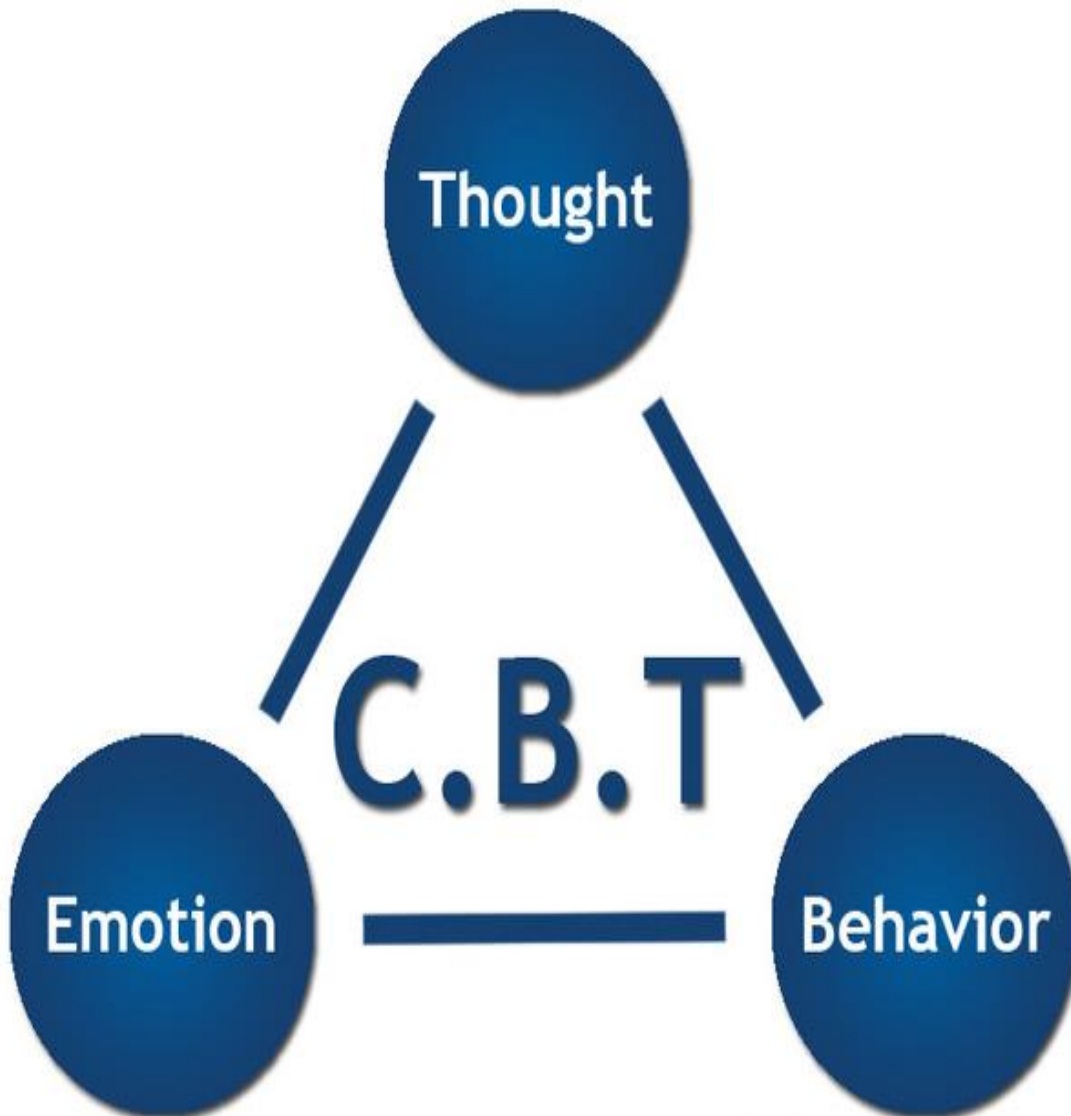
- Check-in
- Homework Review
- How Thinking Affects Us
- Cognitive Distortions
- How to Challenge Your Thoughts
- Practice Restructuring Thinking

### **Today's Packet includes:**

- Interpretations
- CBT Explanation
- Cognitive Distortions
- Challenging Negative Thinking
- Practice Restructuring Thinking
- Homework



What we *think* affects  
how we act and feel.



What we *feel* affects  
what we think and do.

What we *do* affects  
how we think and feel.

## CHECKLIST OF COGNITIVE DISTORTIONS

1.	<b>All or nothing thinking:</b> You look at things in absolute, black and white categories.
2.	<b>Overgeneralization:</b> You view a negative event as a never-ending pattern of defeat.
3.	<b>Mental Filter:</b> You dwell on the negatives and ignore the positives.
4.	<b>Discounting the positives:</b> You insist that your accomplishments or positive qualities "don't count."
5.	<b>Jumping to conclusions:</b> (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 things will turn out badly.
6.	<b>Magnification or Minimization:</b> You blow things way out of proportion or you shrink their importance inappropriately.
7.	<b>Emotional Reasoning:</b> 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.	<b>"Should Statements":</b> You criticize yourself or other people with "Shoulds" or "Shouldn'ts." "Musts," "Oughts," "Have tos" are similar offenders.
9.	<b>Labeling:</b> 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.	<b>Personalization and Blame:</b> 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.

## CHALLENGE NEGATIVE THINKING

### Questions to ask yourself to help challenge your negative thoughts or self-talk:

- Am I falling into a thinking trap (e.g., *catastrophizing* or *overestimating danger*)?
- What is the evidence that this thought is true? What is the evidence that this thought is not true?
- Have I confused a thought with a fact?
- What would I tell a friend if he/she had the same thought?
- What would a friend say about my thought?
- Am I 100% sure that \_\_\_\_\_ will happen?
- How many times has \_\_\_\_\_ happened before?
- Is \_\_\_\_\_ so important that my future depends on it?
- What is the worst that could happen?
- If it did happen, what could I do to cope with or handle it?
- Is my judgment based on the way I feel instead of facts?
- Am I confusing “possibility” with “certainty”? It may be possible, but is it likely?
- Is this a hassle or a horror?

# CBT Thought Record

Where were you?	Emotion or feeling	Negative automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion or feeling
Where were you? What were you doing? Who were you with?	Emotions can be described with one word. E.g.: angry, sad, scared Rate 0-100%	What thoughts were going through your mind? What memories or images were in my mind?	What facts support the truthfulness of this thought or image?	What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?	Write a new thought which takes into account the evidence for and against the original thought	How do you feel about the situation now? Rate 0 - 100%



