

DEFINITIONS OF COGNITIVE DISTORTIONS (TWISTED THINKING)

1. **ALL-OR-NOTHING.** You look at things in absolute, black and white categories.
2. **OVERGENERALIZATION.** You see a single negative event as a never-ending pattern of defeat.
3. **MENTAL FILTER.** You dwell on the negatives and ignore the positives.
4. **DISQUALIFYING THE POSITIVE.** You insist that your accomplishments or positive qualities 'don't count'.
5. **JUMPING TO CONCLUSIONS:**
 - a. **Mind Reading:** You presume that someone is 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 out of proportion or you shrink their importance inappropriately. This is also called the 'binocular effect'.
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 'should' or 'shouldn't'. 'Must', 'ought' and 'have to' are similar offenders. The emotional consequence is guilt. When you direct 'should' statements toward others, you feel anger, frustration and resentment.
9. **LABELLING AND MISLABELING.** This is an extreme form of overgeneralization. You identify with your shortcomings. Instead of saying 'I made a mistake', you tell yourself, 'I'm a loser', or 'a fool'.
10. **PERSONALIZATION AND BLAME:** You blame yourself or something you weren't entirely responsible for, or you blame other people and overlook ways that your own attitudes and behaviour might contribute to a problem.

THE DAILY MOOD LOG

Do the following daily mood log exercise for 15 minutes a day for the next week.

- Step 1. Describe the upsetting event.
 Step 2. Record your negative feelings and rate each one from 0 (the least) to 100 (the most). Use words like sad, anxious, angry, guilty, lonely, hopeless, frustrated etc.
 Step 3. The Triple-Column Technique

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

Step 4. Outcome. Re-rate your belief in each Automatic Thought from 0 – 100 and decide how you now feel.

Not at all better	Somewhat better	Quite a bit better	A lot better
-------------------	-----------------	--------------------	--------------