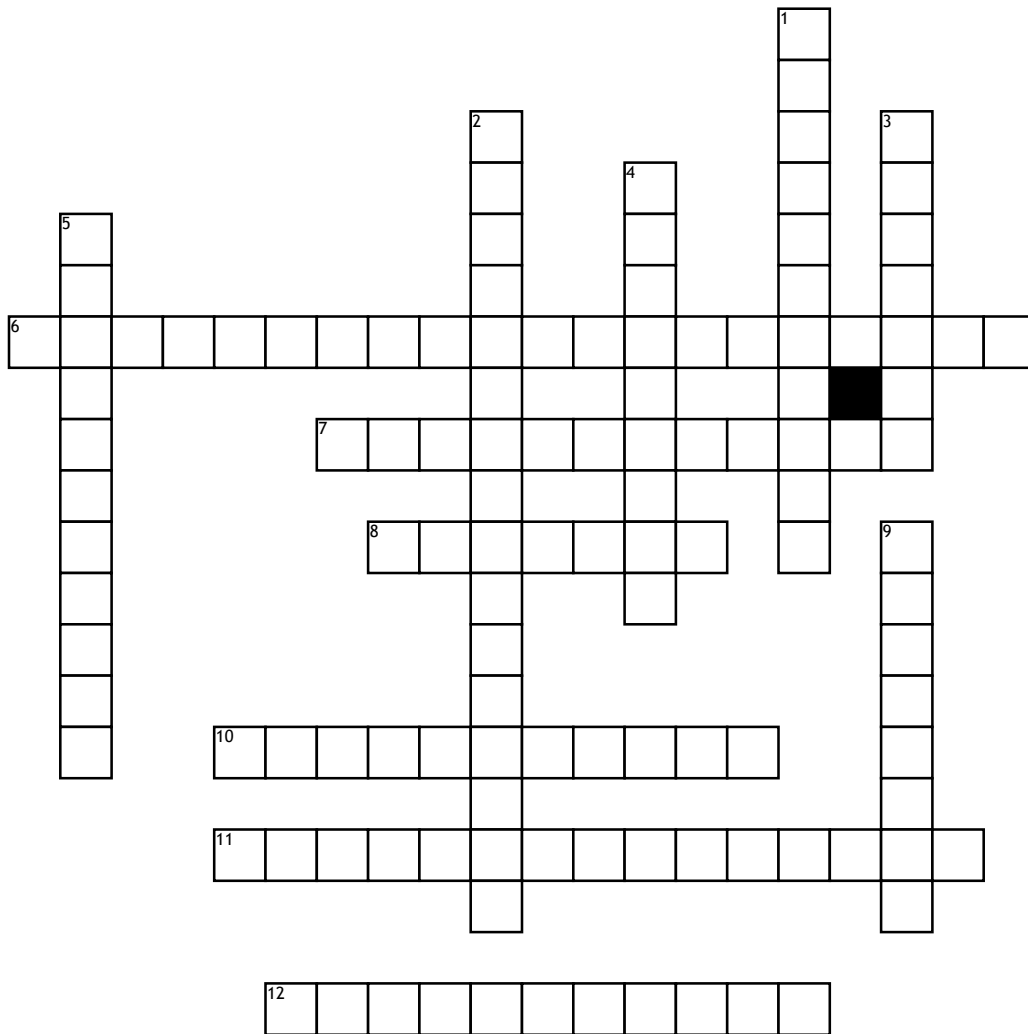


COGNITIVE DISTORTIONS



Across

- 6. All or nothing or polar thinking
- 7. Also known as magnification
- 8. holding others responsible
- 10. Predicting

11. Expecting a disaster

12. Jumping to conclusions

Down

- 1. Disqualifying the positive
- 2. emotional reasoning

3. "shoulding"

4. Focuses on and magnifies the negative details

5. HOLDING SELF RESPONSIBLE

9. An extreme form of overgeneralizing

Word Bank

- Discounting
- FILTERING
- MINDREADING
- CATASTROPHIZING

- BLAMING
- BLACK OR WHITE THINKING
- EXAGGERATING
- FEALINGS are FACTS

- JUDGING
- LABELING
- FORECASTING
- SELF BLAMING