

# Cognitive Distortions

P M Q A D D G N I K N I H T Y T L U A F I K G Z  
W D M L D D K T P J F M O N K H B Z T K M R J R  
Y B H L G N I D A E R D N I M Z L I E H L Q F K  
A Y A O Z K S A C Q H I H W Z G Y W B U N B R C  
L P E R G P D S O Q A A P U I Z E H I Z F S S A  
K U B N F S Q D N G F H E P Z F Z E L A E W U T  
B S O O I H O A K C B C R P H X Z T U G R P Y A  
X U V T G F N C E X Q Y S L L V Z T S N P Z V S  
J N E H S M U P P M O C O W A I O K T I M D X T  
T Q R I T M M X O V G G N D O M C P N N B U A R  
O K G N Q E D V Y Q C E A K A X T X E O O Y K O  
T I E G P D D D M E F H L T E S U K M S N N F P  
P O N H M K F Q S B G Q I X P X C G E A S O K H  
P F E C A K H N M B V C Z C X D R S T E O I S I  
T E R X Q R X Z I X T A A A H F Q E A R T T K Z  
G M A C H W X R J H G O T R G Y R T T L D A R I  
R N L H E D P Q O Z Y H I E N A U M S A K Z B N  
U Z I J B K V U B O G M O T U A F Z D N B I L G  
T W Z L T I G K W M R K N B L B A F L O Y M W M  
H K A T E H U T O S I R T E U K H H U I J I U A  
U V T T T B F V I Q X U S Z P Y L Z O T F N D N  
Z X I S R N A Q Z R Z R H F N B K A H O C I Q L  
E E O R P I Y L X R N V R K X A L H S M A M J G  
C R N G C O U L C O R J X K I Y P T N E V Z W P

Emotional Reasoning

Automatic Thoughts

Overgeneralization

Should Statements

Faulty Thinking

Catastrophizing

Personalization

All or nothing

Mind Reading

Minimization

Labeling