

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Cognitive Distortions

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

discountingthepositive

jumpingtoconclusions

emotionalreasoning

overgeneralization

shouldstatements

personalization

magnification

mental filter

allornothing

labeling