

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

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

# Cognitive Distortions Puzzle

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

Jumping to conclusions

Heavens reward fallacy

Fallacy of fairness

Emotional reasoning

Polarized thinking

Always being right

Overgeneralization

Fallacy of change

Control fallacies

Personalization

Global labeling

Catastrophizing

Filtering

Shoulds

Blaming