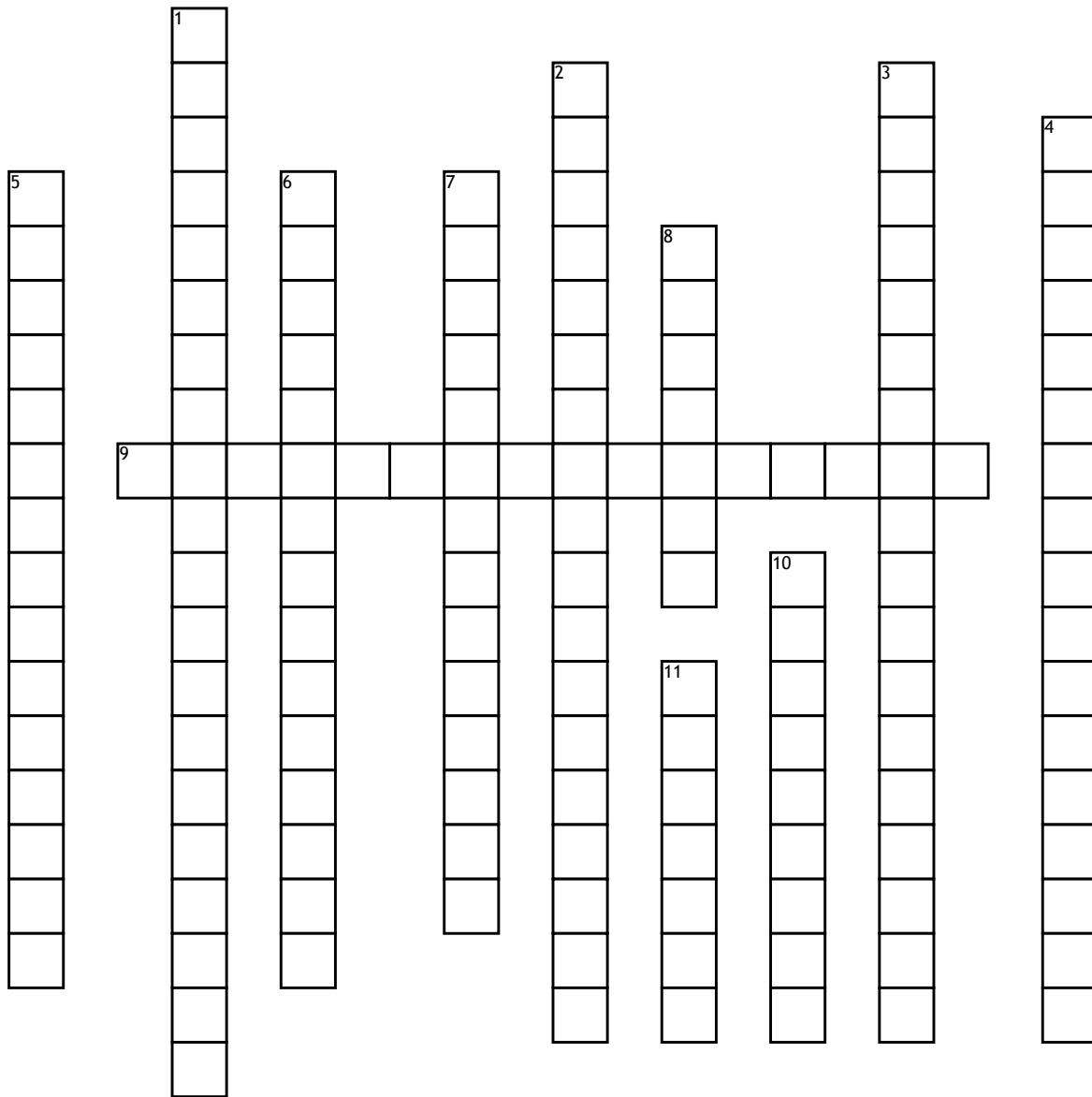


Name: _____

Cognitive Distortions



Across

9. feeling like a victim of fate or as if you are responsible for everything

Down

1. assuming you know what people are thinking and why they act the ways they do

2. what we feel must be true

3. come to a general conclusion based on one piece of evidence

4. having no middle ground; black or white

5. everything is a direct and personal reaction

6. magnifying or minimizing

7. extreme overgeneralization

8. believe we know how things ____ go

10. take some details and magnify them while ignoring other aspects

11. misplacing responsibility and faults