

Challenging cognitive distortions worksheet

Challenge your Cognitive Distortions.

1. Identify the Cognitive Distortion
2. Watch your language, aren't you blowing out of proportion
3. Fact vs opinion, is it a factor just an opinion, how is it affecting you?
4. Is your interpretation of the situation close to reality?
5. Evidence for and against this idea and against this idea.
6. How reliable is your source?
7. How sure are you that this thought is true?
8. What will be the outcome of this thinking

Write about the Situation: Describe the occasion in detail that gave rise to the dysfunctional thought. How do you want to respond to the situation?

Identify the Cognitive Distortion:

Watch your language, aren't you blowing out of proportion

Fact vs opinion, is it a factor just an opinion, how is it affecting you?

Is your interpretation of the situation close to reality?

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Now start questioning the thought:

Evidence for this thought	Evidence against this thought

How reliable is your source?

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How sure are you that this thought is true?

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What will be the outcome of this thinking

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How is it linked with your negative core beliefs?

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Think of the Alternative Thoughts, Positive and functional ones that can replace the dysfunctional thoughts.

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