

Printable Cognitive Distortion Worksheet

Overgeneralisation

In this cognitive distortion, If anything terrible happens only once, you anticipate that it is going to happen once again. You may see one single piece of evidence to decide that something bad will keep happening.

Catastrophizing

When you engage in catastrophising, you expect disaster to strike, no matter what. You hear about a problem and use *what-if* questions (e.g., “What if tragedy strikes?” “What if it happens to me?”) to imagine the absolute worst occurring. There are further two types

- **Maximization**

This is also referred to as *magnifying*, a person might exaggerate the importance of insignificant events (such as their mistake, or someone else’s achievement)

Heaven’s Reward Fallacy

This is about a false belief that a person’s sacrifice and self-denial will eventually pay off as if some global force is keeping score. This is a riff on the fallacy of fairness, because, in a fair world, the people who work the hardest will get the largest reward.

Polarized Thinking (or “Black and White” Thinking)

In polarized thinking, as the name indicates there are two poles completely opposite to each other, things are either “black-or-white” and all or nothing. There is no middle ground. Only two extremes.

Personalization

Personalization is a distortion where you think that everything is about you. You literally start taking everything personally, even when something is not meant in that way.

Filtering:

Filtering is a type of Thinking error or Cognitive distortion in which you unconsciously choose to give importance to only one aspect of the situation, which is usually harmful. In this cognitive distortion, you concentrate so intensely on one part of a task or a problem that you can't even see the rest.

- **Maximisation**

This is also called *magnifying*, and a person exaggerates the importance of insignificant events (such as their mistake or someone else's achievement)

- **Minimisation**

Catastrophizing can happen otherwise, too. You inappropriately shrink the magnitude of significant events until they appear tiny (for example, a person's desirable qualities or someone else's imperfections).

- **Disqualifying the positives**

This is an extreme form of all-or-nothing thinking in which we filter out all the positive evidence about our performance and only attend to the negative. It is all-or-nothing thinking without the "all."

The should statements:

Should statements are the kind of error in which people use words like it Should be done, ought to be done; this shows that the person lacks the vision to see reality. You focus on what you believe should be; It focuses on the future rather than the present.

Predicting the future

Predicting the future is a thinking error that refers to assuming the worst of a situation and assuming one's predictions about an outcome will be accurate. It is a thinking trap that affects your cognitive abilities and creates a mental filter in your thinking style.

Magnification /Blowing out of proportion: Maximization & exaggeration of the shortcomings while minimising the qualities

Self-blaming: Blaming yourself for anything wrong that happens.