

Identifying Cognitive Distortions

For your homework, please identify the types of cognitive distortion that are reflected in your automatic thoughts over the next week. For instance, the belief that “*everyone thinks I’m an anxious mess*” would be an example of **mind reading**. Refer to the handout “Cognitive Distortions” for help recalling the specific types of distortions that we have discussed during our session. Remember, there may be several different types of cognitive distortion contained in one automatic thought.



Automatic Thoughts

Type(s) of Distortion

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____