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COGNITIVE DISTORTIONS

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| **Across**  **6.** All or nothing or polar thinking  **7.** Also known as magnification  **8.** holding others responsible  **10.** Predicting  **11.** Expecting a disaster  **12.** Jumping to conclusions | **Down**  **1.** Disqualifying the positive  **2.** emotional reasoning  **3.** "shoulding"  **4.** Focuses on and magnifies the negative details  **5.** HOLDING SELF RESPONSIBLE  **9.** An extreme form of overgeneralizing |

   BLACK OR WHITE THINKING       EXAGGERATING       FILTERING       Discounting       CATASTROPHIZING       MINDREADING       FORECASTING       FEALINGS are FACTS       LABELING       BLAMING       SELF BLAMING       JUDGING