Cognitive Distortions

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| P | M | Q | A | D | D | G | N | I | K | N | I | H | T | Y | T | L | U | A | F | I | K | G | Z |
| W | D | M | L | D | D | K | T | P | J | F | M | O | N | K | H | B | Z | T | K | M | R | J | R |
| Y | B | H | L | G | N | I | D | A | E | R | D | N | I | M | Z | L | I | E | H | L | Q | F | K |
| A | Y | A | O | Z | K | S | A | C | Q | H | I | H | W | Z | G | Y | W | B | U | N | B | R | C |
| L | P | E | R | G | P | D | S | O | Q | A | A | P | U | I | Z | E | H | I | Z | F | S | S | A |
| K | U | B | N | F | S | Q | D | N | G | F | H | E | P | Z | F | Z | E | L | A | E | W | U | T |
| B | S | O | O | I | H | O | A | K | C | B | C | R | P | H | X | Z | T | U | G | R | P | Y | A |
| X | U | V | T | G | F | N | C | E | X | Q | Y | S | L | L | V | Z | T | S | N | P | Z | V | S |
| J | N | E | H | S | M | U | P | P | M | O | C | O | W | A | I | O | K | T | I | M | D | X | T |
| T | Q | R | I | T | M | M | X | O | V | G | G | N | D | O | M | C | P | N | N | B | U | A | R |
| O | K | G | N | Q | E | D | V | Y | Q | C | E | A | K | A | X | T | X | E | O | O | Y | K | O |
| T | I | E | G | P | D | D | D | M | E | F | H | L | T | E | S | U | K | M | S | N | N | F | P |
| P | O | N | H | M | K | F | Q | S | B | G | Q | I | X | P | X | C | G | E | A | S | O | K | H |
| P | F | E | C | A | K | H | N | M | B | V | C | Z | C | X | D | R | S | T | E | O | I | S | I |
| T | E | R | X | Q | R | X | Z | I | X | T | A | A | A | H | F | Q | E | A | R | T | T | K | Z |
| G | M | A | C | H | W | X | R | J | H | G | O | T | R | G | Y | R | T | T | L | D | A | R | I |
| R | N | L | H | E | D | P | Q | O | Z | Y | H | I | E | N | A | U | M | S | A | K | Z | B | N |
| U | Z | I | J | B | K | V | U | B | O | G | M | O | T | U | A | F | Z | D | N | B | I | L | G |
| T | W | Z | L | T | I | G | K | W | M | R | K | N | B | L | B | A | F | L | O | Y | M | W | M |
| H | K | A | T | E | H | U | T | O | S | I | R | T | E | U | K | H | H | U | I | J | I | U | A |
| U | V | T | T | T | B | F | V | I | Q | X | U | S | Z | P | Y | L | Z | O | T | F | N | D | N |
| Z | X | I | S | R | N | A | Q | Z | R | Z | R | H | F | N | B | K | A | H | O | C | I | Q | L |
| E | E | O | R | P | I | Y | L | X | R | N | V | R | K | X | A | L | H | S | M | A | M | J | G |
| C | R | N | G | C | O | U | L | C | O | R | J | X | K | I | Y | P | T | N | E | V | Z | W | P |

   Automatic Thoughts       Faulty Thinking       All or nothing       Catastrophizing       Emotional Reasoning       Labeling       Mind Reading       Minimization       Overgeneralization       Personalization       Should Statements