|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Cognitive Distortions

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

   entitled       personalization       revenge       playingthevictim       jumpingtoconclusions       avoidance       assuming       negativefocus       labeling       mindreading       projection       overgeneralizing       fortunetelling       hopelessness       blackandwhitethinking       manipulate       usinganger       making excuses       magnifying       minimizing       intellectualization       blamingthevictim       blaming       shiftingthefocus       denial       lying       grandiose       feedingthepig