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Cognitive Distortions

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| **Across****9.** feeling like a victim of fate or as if you are responsible for everything | **Down****1.** assuming you know what people are thinking and why they act the ways they do**2.** what we feel must be true**3.** come to a general conclusion based on one piece of evidence**4.** having no middle ground; black or white **5.** everythink is a direct and personal reaction**6.** magnifying or minimizing**7.** extreme overgeneralization**8.** believe we know how things \_\_\_ go**10.** take some details and magnify them while ignoring other aspects**11.** misplacing responsibility and faults |