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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 |