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

Cognitive Distortions Puzzle

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

   Polarized thinking       Jumping to conclusions       Personalization       Fallacy of fairness       Shoulds       Fallacy of change       Always being right       Heavens reward fallacy       Global labeling       Emotional reasoning       Blaming       Control fallacies       Catastrophizing       Filtering       Overgeneralization