|  |  |
| --- | --- |
| 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