

Cognitive Distortions Worksheet

This worksheet will help you identify and challenge unhelpful thinking patterns (cognitive distortions). Use this sheet to reflect on situations that triggered emotional responses or difficult behaviors.

Step 1: Identify the Situation

Describe the event or situation that triggered a strong emotional reaction.

Step 2: Automatic Thought

Write down the first thought that came to your mind.

Step 3: Emotion(s) Felt

What emotions did you feel? Rate intensity (0-100).

Step 4: Identify the Cognitive Distortion

Which thinking trap(s) did this thought fall into? (e.g., All-or-Nothing Thinking, Catastrophizing, Mind Reading, Should Statements, etc.)

Step 5: Evidence For and Against the Thought

What supports this thought? What evidence challenges it?

Step 6: Balanced Thought

Write a more balanced or realistic way of looking at the situation.

Step 7: Outcome

How do you feel now? Has the intensity of your emotion changed?