Flexible Thinking Worksheet

A
Activating Situation
What is the Situation?

B
Belief
What are my beliefs and thoughts?

C
Consequence
Resulting feelings:
Resulting behaviors

D
Dispute
Cognitive distortions (check all that apply):

- tunnel vision
- Worst case scenario thinking
- Overgeneralization
- Labeling

- all-or-nothing thinking
- Personalization
- Emotional reasoning
- Mental filter

- “should” or “must” statements
- Disqualifying or discounting the positive
- Mind reading

- Magnification/minimization

What evidence is there that the belief is accurate or not?

E
Entirely New Thought or Behavior
New thought?
New behavior?
What should I do next?
# Cognitive Distortions

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<tr>
<th>TYPE</th>
<th>DEFINITION</th>
<th>EXAMPLE</th>
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| Tunnel vision               | Focuses only on the negative characteristics of something, not the positive ones. | "My boss is awful. She's demanding, judgmental, and opinionated."  
"My life is terrible. Nothing is going well." |
| All-or-nothing thinking     | Looks at things as falling into only two extreme categories ("black or white") instead of on a continuum ("shades of gray"). | "My boyfriend doesn't want to live together so we should break up!"  
"The table looks messy—my house is a disaster!" |
| "Should" and "must" statements | Are based on predetermined ideas about how things are supposed to be, not on how things really are or could reasonably be. | "I should be more willing to take risks."  
"I must stop feeling afraid all the time.  
"I shouldn't make mistakes." |
| Worst-case-scenario thinking | Predicts that the absolute worst, most awful outcome will happen. This can make a small problem seem like it will turn into a catastrophe. | "What if someone breaks into my house and rapes me?!"  
"What if I yell at my son and he hates me forever?!" |
| Personalization             | Leads you to believe that you're responsible for things that are actually out of your control, such as how others behave, think, or feel. | "My therapist was late because I said the wrong thing last week."  
"My husband only hits me when I'm a bad wife." |
| Disqualifying or discounting the positive | Leads you to minimize or downplay positive events because you believe they don't count (anyone could do it, you got lucky, or it wasn't that good). | "I've been sober for a week, but anyone can last a week."  
"I passed my certification. But it was just dumb luck." |
| Overgeneralization          | Takes a single bad situation and concludes that it will continue to happen over and over and will probably get worse. | "That man raped me. Men will always take advantage of me."  
"I had a bad dream. I'll never get a good night's sleep." |

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# Cognitive Distortions

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<td>Emotional reasoning</td>
<td>Assumes that because you feel a certain way, that's how it must be in reality.</td>
<td>&quot;I am scared, therefore something bad is about to happen.&quot; &quot;I feel angry, so obviously you have treated me terribly.&quot;</td>
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<td>Mind reading</td>
<td>Happens when you believe you know what someone else is thinking or feeling, even if you haven't thought about other plausible explanations.</td>
<td>&quot;He thinks I'm stupid because I didn't know the answer. &quot; She didn't look at me. She doesn't like me anymore.&quot;</td>
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<td>Labeling</td>
<td>Assigns an overarching characteristic to someone based on one thought, feeling, or action, usually in a very negative way.</td>
<td>&quot;She's such a loser.&quot; &quot;I'm an idiot.&quot; &quot;What a jerk.&quot; 'He's stupid!'</td>
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<td>Mental filter</td>
<td>Ignores the many good characteristics and focuses only on one or two bad characteristics.</td>
<td>&quot;When I spoke at the AA meeting at first, I was really nervous and dry-mouthed, but I got more comfortable as I kept talking. I am sure people only remember the first part and think I am a basket case.&quot;</td>
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<td>Magnification/Minimization</td>
<td>Emphasizes the negative parts of something and downplays the positive parts.</td>
<td>&quot;I'm a bad mother. I yell at my kids at least once a week.&quot; &quot;My kids are doing well in school. They must get it from their dad.&quot;</td>
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