

Name: _____

Worrisome Thoughts

<i>Trigger?</i>	<i>Worrisome Thought</i>	<i>Emotion</i>	<i>EI</i>
<i>Cognitive Distortions</i>	<i>Revised Thought</i>	<i>Updated Emotion</i>	<i>EI</i>

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Emotional Intensity rating (E): 1=calm, 5=irritated, 10=severely distressed

Common cognitive distortions:

- **Filtering:** magnify negative details while ignoring the positives.
- **Polarized thinking:** judge something as all or nothing, with no middle ground.
- **Probability overestimation:** place too much importance on the improbable.
- **Overgeneralization:** make a general conclusion based on limited evidence.
- **Jump to conclusion:** quickly evaluate based on limited evidence.
- **Catastrophize:** assume the worst will happen.
- **Personalization:** assume something is about you.
- **Mind reading:** assume you know what someone else is thinking or feeling.
- **Control fallacy:** assume you have all of the control over an outcome, or no control at all.
- **Fairness fallacy:** assume that outcomes should always turn out the way you think they should.
- **Blaming:** hold others accountable for your thoughts and emotions.
- **Shoulds:** maintain rigid and unrealistic rules about how you or others must behave.

Other cognitive distortions?

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