Cognitive Restructuring: Thought Distortion Monitoring Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Automatic thought What went through your mind? (Thoughts, images, or memories)	Emotions & Body Sensations What did you feel? (Rate intensity 0–100%)	Unhelpful thinking style Does your thought fall into any of these common traps?	What does God say about you? Combat the negative thoughts with the truth (what are your strengths, giftings?)
			☐All or nothing thinking –thinking in extremes. For example, something is either 100% good or bad.	
			☐Catastrophizing Jumping to the worst possible conclusion	
			☐Mental filter Only paying attention to certain types of evidence ("that doesn't count").	
			☐Disqualifying the positive Discounting positive information or twisting a positive into a negative	

Cognitive Restructuring

			☐ Jumping to conclusions Mind reading or predicting the future	
			☐ Minimization Discounting the importance of something	
			☐ Emotional reasoning Assuming that because we feel a certain way our hunch must be true	
			☐ Demands Using words like 'should', 'must', and 'ought'.	

Reestablishing Connections Therapy
Cognitive Restructuring Worksheet

Cognitive Restructuring

			☐ Labeling Assigning labels to ourselves or others ("I'm rubbish").	
			☐Personalization Taking too much or too little responsibility	
			☐ Low frustration tolerance Saying things like "this is too difficult", "this is unbearable" or "I can't stand it"	