



## Cognitive Restructuring

### Cognitive Restructuring: Thought Distortion Monitoring Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Automatic thought</b> What went through your mind? (Thoughts, images, or memories)	<b>Emotions &amp; Body Sensations</b> What did you feel? (Rate intensity 0–100%)	<b>Unhelpful thinking style</b> Does your thought fall into any of these common traps?	<b>Challenge &amp; Restructure</b> Combat the negative thoughts with the truth (what are your strengths, giftings?)
			<input type="checkbox"/> <b>All or nothing thinking</b> –thinking in extremes. For example, something is either 100% good or bad.	
			<input type="checkbox"/> <b>Catastrophizing</b> Jumping to the worst possible conclusion	
			<input type="checkbox"/> <b>Mental filter</b> Only paying attention to certain types of evidence ("that doesn't count").	



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			<input type="checkbox"/> <b>Disqualifying the positive</b> Discounting positive information or twisting a positive into a negative	
			<input type="checkbox"/> <b>Jumping to conclusions</b> Mind reading or predicting the future	
			<input type="checkbox"/> <b>Overgeneralization</b>	
			<input type="checkbox"/> <b>Minimization</b> Discounting the importance of something	



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			<input type="checkbox"/> <b>Emotional reasoning</b> Assuming that because we feel a certain way our hunch must be true	
			<input type="checkbox"/> <b>Demands Using</b> words like 'should', 'must', and 'ought'.	
			<input type="checkbox"/> <b>Labeling</b> Assigning labels to ourselves or others ("I'm rubbish").	
			<input type="checkbox"/> <b>Personalization</b> Taking too much or too little responsibility	



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			<input type="checkbox"/> Low frustration tolerance Saying things like "this is too difficult", "this is unbearable" or "I can't stand it"	
			<input type="checkbox"/> Social comparison	

