

COGNITIVE DISTORTIONS WORKSHEET

**"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
- 2 Corinthians 10:5**

COMMON DISTORTIONS AND BIBLICAL TRUTH:

1. ALL-OR-NOTHING THINKING

"If I'm not perfect, I'm a failure"

Truth: "My grace is sufficient for you, for my power is made perfect in weakness" - 2 Corinthians 12:9

2. CATASTROPHIZING

"This one thing going wrong means everything will fall apart"

Truth: "We know that in all things God works for the good of those who love him" - Romans 8:28

3. MIND READING

"They definitely think I'm terrible"

Truth: "Man looks at the outward appearance, but the LORD looks at the heart" - 1 Samuel 16:7

4. OVERGENERALIZATION

"This always happens to me; nothing ever works out"

Truth: "The LORD's mercies are new every morning" - Lamentations 3:22-23

5. DISCOUNTING THE POSITIVE

"That good thing doesn't count"

Truth: "Whatever is true, whatever is noble, whatever is right...think about such things" - Philippians 4:8

6. SHOULD STATEMENTS

"I should be better; I must do more"

Truth: "There is now no condemnation for those who are in Christ Jesus" - Romans 8:1

7. PERSONALIZATION

"Everything bad is my fault"

Truth: "Cast all your anxiety on him because he cares for you" - 1 Peter 5:7

IDENTIFY YOUR PATTERNS:

Distorted thought I had recently:

What distortion is this?

Evidence FOR this thought:

Evidence AGAINST this thought:

Balanced, truthful thought:

Scripture to combat this distortion:

RENEWING THE MIND

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." - Romans 12:2

This week I will practice catching these thoughts and replacing them with truth.