



Cognitive Distortions Checklist

Name: _____

Date: _____

Instructions: Read through the list of common thinking patterns below. Then think of a recent upsetting thought and identify which patterns apply to it, writing your own example alongside each one.

Distortion	Description
All-or-Nothing Thinking	Seeing things as only two extremes — perfect or a total failure
Overgeneralization	Taking one bad event and treating it as an endless pattern
Mental Filter	Focusing only on the negative detail, ignoring the rest
Discounting the Positive	Dismissing good things as if they don't count
Jumping to Conclusions	Assuming you know what others think, or predicting the worst, without evidence
Magnification / Minimization	Blowing something out of proportion, or shrinking its importance
Emotional Reasoning	Believing something is true because it feels true
Should Statements	Rigid rules about how you or others "should" act
Labeling	Attaching a harsh global label to yourself or someone else
Personalization	Blaming yourself for something not fully in your control



Your Reflection

Distortion	Applies?	Your Example
All-or-Nothing Thinking	☐ Yes ☐ No	
Overgeneralization	☐ Yes ☐ No	
Mental Filter	☐ Yes ☐ No	
Discounting the Positive	☐ Yes ☐ No	
Jumping to Conclusions	☐ Yes ☐ No	



Magnification / Minimization	☐ Yes ☐ No	
Emotional Reasoning	☐ Yes ☐ No	
Should Statements	☐ Yes ☐ No	
Labeling	☐ Yes ☐ No	
Personalization	☐ Yes ☐ No	



Which pattern shows up most often for you, and in what situations?
