MINDLIFT · CBT WORKSHEET

Cognitive Distortions Worksheet

Date _____

Tick the traps you recognize as yours. Then log thoughts as they come and name the trap each one took.

- ☐ **All-or-Nothing Thinking**
  e.g. You give a good talk, stumble on one answer, and walk out sure the whole thing was a disaster.
- ☐ **Mind Reading**
  e.g. A friend is quiet at dinner and you conclude they're annoyed with you, when they're just tired.
- ☐ **Emotional Reasoning**
  e.g. You feel anxious about a decision and conclude it must be the wrong one.
- ☐ **Labeling**
  e.g. You forget a name and think "I'm so stupid," rather than "I blanked for a second."
- ☐ **Mental Filter**
  e.g. Your review is warm throughout, but you replay the one line about "room to grow" all weekend.
- ☐ **Catastrophizing**
  e.g. One flat reply from your manager becomes "I'm about to be fired," and the day is spent bracing for it.
- ☐ **Fortune Telling**
  e.g. You skip applying because you "already know" you won't get it.
- ☐ **Should Statements**
  e.g. You rest for an afternoon and feel guilty because you "should" be productive.
- ☐ **Personalization**
  e.g. Your partner seems off and you assume you did something wrong, without checking.
- ☐ **Overgeneralization**
  e.g. One date doesn't text back and the thought lands as "this always happens to me."

Spot-the-trap log

The thought, word for word	Trap(s)	What the trap leaves out

MINDLIFT · CBT WORKSHEET · WORKED EXAMPLE

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- [x] **All-or-Nothing Thinking**
  e.g. You give a good talk, stumble on one answer, and walk out sure the whole thing was a disaster.
- [x] **Mind Reading**
  e.g. A friend is quiet at dinner and you conclude they're annoyed with you, when they're just tired.
- [ ] **Emotional Reasoning**
  e.g. You feel anxious about a decision and conclude it must be the wrong one.
- [x] **Labeling**
  e.g. You forget a name and think "I'm so stupid," rather than "I blanked for a second."
- [x] **Mental Filter**
  e.g. Your review is warm throughout, but you replay the one line about "room to grow" all weekend.
- [ ] **Catastrophizing**
  e.g. One flat reply from your manager becomes "I'm about to be fired," and the day is spent bracing for it.
- [ ] **Fortune Telling**
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  e.g. You rest for an afternoon and feel guilty because you "should" be productive.
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  e.g. Your partner seems off and you assume you did something wrong, without checking.
- [ ] **Overgeneralization**
  e.g. One date doesn't text back and the thought lands as "this always happens to me."

Spot-the-trap log

The thought, word for word	Trap(s)	What the trap leaves out
"She hasn't replied. She's annoyed with me."	Mind reading	Nobody told me she's annoyed. The only evidence is a gap — and she's at work until six.
"I fumbled one question. The whole talk was a disaster."	All-or-nothing · mental filter	Most of the talk went fine. One answer was shaky.
"I forgot her name. I'm so stupid."	Labeling	I blanked for a second. That's a thing I did, not a thing I am.