

Identifying Cognitive Distortion

Name:

Date:

For each distortion, write down a specific situation where you experienced it and then analyze it using the questions provided.

All-or-Nothing Thinking

- Situation

- What was the specific situation or event that triggered this cognitive distortion?

- How did you interpret the situation using all-or-nothing thinking?

- What evidence supports your interpretation? Is there any evidence against it?

- How would a more balanced perspective help you view the situation?