

# Cognitive Distortions

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Name:

Date:

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Create a positive cognition, or thought, in response to each of the negative cognitions.

( - ) People won't like me if they know my emotions

( + )

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( - ) I have no available options

( + )

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( - ) People will only like me if I'm perfect

( + )

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( - ) My best is not good enough

( + )

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( - ) I should have done better

( + )

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( - ) I am a failure

( + )

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( - ) I can't trust others

( + )

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( - ) Everyone else is smarter than me

( + )

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( - ) I should be doing more

( + )

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( - ) I can't stand up for myself

( + )