

GoodTherapy

Challenging Cognitive Distortions

What situation or thought is causing your worry?

Is it likely that your worry will come true? Give evidence to support your answer.

What is the worst possible thing that could happen, should your worry come true?

But, what is most likely to happen if you worry comes true?

If your worry comes true, will you be okay in (circle your answer)

One day? _____ One month? _____ One year? _____

Cognitive distortions are internal mental filters or biases that increase our misery, fuel our anxiety, and make us feel bad about ourselves. One common form of cognitive distortions is called catastrophizing. This is when someone persistently believes that the worst will happen, often believing they are in a worse situation than they are or exaggerating the difficulties they face. By learning to questions one's own thoughts, it is possible to correct many cognitive distortions.