



Task Cards: Cognitive Distortions (for adults)



Cognitive Distortions

All-or-Nothing Thinking
Should Statements
Catastrophizing
Jumping to Conclusions
Overgeneralization
Personalization
Emotional Reasoning
Mental Filter
Disqualifying the Positive
Labeling

1. Beth's husband fears he might lose his job. He has been stressed and angry and has been drinking more than usual. Beth thinks, "I must not be a good enough wife"

2. Henry tries to fix his car, but he's having trouble. He is frustrated and says, "I can't do anything!"

3. Nora is about to listen to a voicemail to find out if she got hired for a job she recently interviewed for. She thinks, "I'm not going to get this job... I'm not going to get a job anywhere... I'm going to end up homeless"

4. Ethan tells his girlfriend, "You shouldn't be talking to other guys"

5. Brynn doesn't like her body. She looks in the mirror and thinks, "I'm worthless"

6. Jalon feels lonely & unlovable. He thinks, "No one cares about me"

7. Scarlett looks at comments on her Instagram and sees her friends making fun of the outfit she is wearing in one picture. She thinks, "They like to gang up on me. They only pick on me"

8. Jacob goes to a bar with two of his friends. His friends each bring a date. Jacob has fun but later tells his roommate, "It was lousy because I didn't have a date"

9. Arielle gets a job after months of looking. However, she brushes it off, thinking, "I only got this job because the owner knows my aunt"

10. Owen is trying to get his GED. He is studying, but he is having trouble understanding some of the material. He thinks, "I should know this by now..."

11. Maria is at a party, and her friends are doing drugs. They offer her a pill. She doesn't want it, but she thinks, "They won't like me if I refuse"

12. Jose asks his wife to run an errand for him, but she is busy. He gets frustrated and says, "You should do it now!"

13. Naomi feels really jealous and insecure when she sees her boyfriend talking to other women, so she thinks, "He must be cheating on me!"

14. Dave is getting ready for an interview, and he puts on his new suit. He loves the suit, but he hates the tie. However, he doesn't have enough time to look for a different one. He thinks, "I look horrible"

15. Cora has been eating healthier and exercising in an effort to lose weight. She steps on the scale, hoping to see that she has lost at least 7 pounds. However, when she sees that she lost 4 pounds, she says, "This is a total failure"

16. Dominic accidentally leaves his wallet in a store. When he goes back to get it, he realizes his cash is missing. He thinks, "Ugh! This kind of stuff only happens to me!"

17. Isabelle has a crush on her coworker. He asks for her phone number, but he doesn't call or text her over the weekend. She thinks, "He probably doesn't like me that much"

18. After a party at his house, Santiago's best friend gets busted for a DUI. Santiago feels guilty because he wasn't able to stop his friend from driving. He thinks, "I'm a really bad friend"

19. Ashley wins a local singing competition. Her family is proud of her, but she says, "It's not that big of a deal. The competition was weak- the other women had no professional training"

20. Martin hasn't seen his girlfriend much lately. She has been stressed because of issues at work. Martin thinks, "She hasn't been talking to me... I must be a bad boyfriend..."

21. Morgan is trying to become a licensed social worker, but she fails the exam. She thinks, "I always fail at this!"

22. Bill is going to a football game. He is about to enter the stadium when he realizes he left his ticket at home. He says, "Ugh! I'm such an idiot!"

Come up with your own scenario in which you incorporate a cognitive distortion! Then, ask your group members to identify the distortion.

These are possible answers that would fit the scenarios (note that it could be more than one):

1. Personalization (could also be: jumping to conclusions)
2. All-or-Nothing Thinking (could also be: jumping to conclusions or overgeneralization)
3. Catastrophizing (could also be: jumping to conclusions)
4. Should Statement
5. Labeling
6. Emotional Reasoning
7. Overgeneralization
8. Mental Filter
9. Disqualifying the Positive (could also be: jumping to conclusions)
10. Should Statement
11. Jumping to Conclusions
12. Should Statement
13. Emotional Reasoning (could also be: jumping to conclusions)
14. Mental Filter
15. All-or-Nothing Thinking
16. Overgeneralization
17. Jumping to Conclusions
18. Emotional Reasoning (could also be: personalization)
19. Disqualifying the Positive
20. Personalization (could also be: jumping to conclusions)
21. All-or-Nothing Thinking (could also be: overgeneralization)
22. Labeling

Credits



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-Thank you for the frame!