

Instructions: Many thoughts are either untrue or have just a grain of truth. For each of the mistakes listed below, chose how often you engage in each distortion using a scale of 1 (never) to 10 (always). Finally, circle the ? mark if you would like to change this habit.

All-or-Nothing Thinking You look at things in absolute, black-and-white categories.

Example: If I am not a success, I am a failure.

Never 1 ----- 10 Always Change ?

Overgeneralization You view a negative event as a never-ending pattern of defeat.

Example: (Because I felt uncomfortable at the party) I don't have the ability to make friends.

Never 1 ----- 10 Always Change ?

Discounting the Positive You insist that your accomplishments or positive qualities don't count.

Example: I did that project well, but that doesn't mean I'm a competent student. I just got lucky.

Never 1 ----- 10 Always Change ?

Mind Reading You believe you know what others are thinking when there's no definite evidence.

Example: My professor thinks that I don't know anything about this subject.

Never 1 ----- 10 Always Change ?

Catastrophizing You arbitrarily predict the future negatively and that things will turn out bad.

Example: I will be so upset; I won't be able to function at all.

Never 1 ----- 10 Always Change ?

Emotional Reasoning You reason from how you feel, ignoring or discounting evidence to the contrary.

Example: I feel like a failure, so I really must be one.

Never 1 ----- 10 Always Change ?

"Should" and "Must" Statements You criticize yourself (or other people) with "shoulds," "oughts," "musts" and "have tos."

Example: It's terrible that I made a mistake. I should always do my very best.

Never 1 ----- 10 Always Change ?

Labeling You put a fixed label on yourself or others without considering that the evidence might more reasonably lead to a less disastrous conclusion.

Example: I'm a loser. I'm stupid.

Never 1 ----- 10 Always Change ?

Personalization and Blaming You blame yourself for something you weren't entirely responsible for, or you blame other people and deny your contributed to a problem.

Example: I did poorly in the class because the tests' questions were confusing.

Never 1 ----- 10 Always Change ?

Reference

- Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: The Guilford Press.
Bums, D. D. (1989). *The feeling good handbook*. New York: William Morrow and Company.