

CBT Homework session 5

Please identify whether the below statements are about a:

- Situation
- Thought
- Mood.

1. Out in a mall. _____
2. I won't be able to do this. _____
3. He's doing this just to make me mad. _____
4. Frustration. _____
5. I just can't get any help. _____
6. The notice about school suspension arrives in the mail. _____
7. Worried. _____
8. No one really cares about my situation. _____
9. I know I can do this. _____
10. I am not going to give up. _____
11. Paint on a wall. _____
12. A good report from a teacher. _____
13. Elated. _____
14. I've got to do this. _____
15. Walking into an IEP. _____
16. Disappointed. _____
17. Your car breaks down. _____
18. I can't seem to get anywhere. _____
19. Your child won't go to sleep. _____
20. I've just got to find out the facts. _____
21. Sad. _____
22. I get the respite I requested. _____
23. Finally my mother in law understands me. _____
24. Frustration. _____
25. They think it is my fault. _____
26. Hurt. _____
27. What can they do to me? _____
28. I am chasing my child down the street. _____
29. No matter what I do nothing really gets better. _____
30. I trust no one. _____
31. Happy. _____

Cognitive Distortions Examples

We all tend to think in extremes...and when traumatic events happen we think that way even more. Please write an example of the cognitive distortion on the line below. The thought can be one you heard from another person.

1. **All-or-nothing thinking:** You see things in black and white categories. If your performance falls short of perfect, you see yourself as a total failure.

2. **Overgeneralization:** You see a single negative event as a never-ending pattern of defeat.

3. **Mental filter:** You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that discolors the entire beaker of water.

4. **Disqualifying the positive:** You reject positive experiences by insisting they "don't count" for some reason or other. You maintain a negative belief that is contradicted by your everyday experiences.

5. **Jumping to conclusions:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.

Mind reading: You arbitrarily conclude that someone is reacting negatively to you and don't bother to check it out.

The Fortune Teller Error: You anticipate that things will turn out badly and feel convinced that your prediction is an already-established fact.

6. **Magnification (catastrophizing) or minimization:** You exaggerate the importance of things (such as your goof-up or someone else's achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections). This is also called the "binocular trick."

7. **Emotional reasoning:** You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true."

8. **Should statements:** You try to motivate yourself with shoulds and shouldn'ts, as if you had to be whipped and punished before you could be expected to do anything. "Musts" and "oughts" are also offenders. The emotional consequence is guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.

9. **Labeling and mislabeling:** This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label to yourself: "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him, "He's a damn louse." Mislabeling involves describing an event with language that is highly colored and emotionally loaded.

10. **Personalization:** You see yourself as the cause of some negative external event for which, in fact, you were not primarily responsible.

Thought Record

1. Situation Who was involved? What happened? When did it happen? Where did it happen?	
2. Moods a. What did you feel? b. Rate each mood (0-100)	
3. Automatic Thoughts (intense thoughts or images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle the hot thought (the thought most closely linked to the moods)	
4. Cognitive Distortions in Automatic Thoughts All-or Nothing, Overgeneralization, Mental Filter, Discounting the Positive, Jumping to Conclusions, Magnification, Emotional Reasoning, Shouldism, Labeling, Personalization and Blame	
5. Evidence that supports the hot thought	
6. Evidence that does not support the hot thought	
7. Alternative/Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe in each alternative or balanced thought (0-100%)	
8. Rate Moods Now (0-100%)	