

Name: _____

Date: _____

Cognitive Distortions

Y T N E G A T I V E F O C U S V U Z P U D L P Y
H O C G N I K N I H T E T I H W D N A K C A L B
H V K Q U M N T H E V K H O P E L E S S N E S S
K E B U Z Z K D O P M A K I N G E X C U S E S T
K R S I H N S L D X E N G G R E G N A G N I S U
Q G N N J S H R E N F R L A I N E D D A X I I P
Z E O T E Y I U I L F L S R S F F R C P K G R A
V N I E T N F T D G O G G O B L A M I N G X S Y
P E S L B G T D L M R A H E N G G Q U D E S Y M
L R U L L P I I N N T F P N H A G L J Y U A G M
A A L E A C N N T O U F C X Q C L Y W M J N Z E
Y L C C M K G U M L N E F R X B G I I K I J Z X
I I N T I T T M M E E E K B W Z E N Z D Z K Y M
N Z O U N X H I E E T D U N Q U G G A A O L G S
G I C A G N E N T S E I P D C N H E W A T L W C
T N O L T O F I A O L N F K I A R P J L A I O M
H G T I H I O M L I L G U T O D D F S B M R O T
E C G Z E T C I U D I T C I N B F T E F E W Y N
V Y N A V C U Z P N N H B I R H C L C B G L R L
I A I T I E S I I A G E M A G N I F Y I N G C N
C N P I C J S N N R W P N F W N X B T V E Y K T
T D M O T O Z G A G Y I P A G F Q A F U V G U C
I X U N I R K Y M T E G Z X X X I F T O E R U S
M I J D M P A V O I D A N C E S E F R G R M O C

blackandwhitethinking
overgeneralizing
fortunetelling
hopelessness
usinganger
grandiose
revenge

jumpingtoconclusions
blamingthevictim
making excuses
mindreading
magnifying
entitled
blaming

intellectualization
shiftingthefocus
negativefocus
projection
minimizing
assuming
denial

playingthevictim
personalization
feedingthepig
manipulate
avoidance
labeling
lying