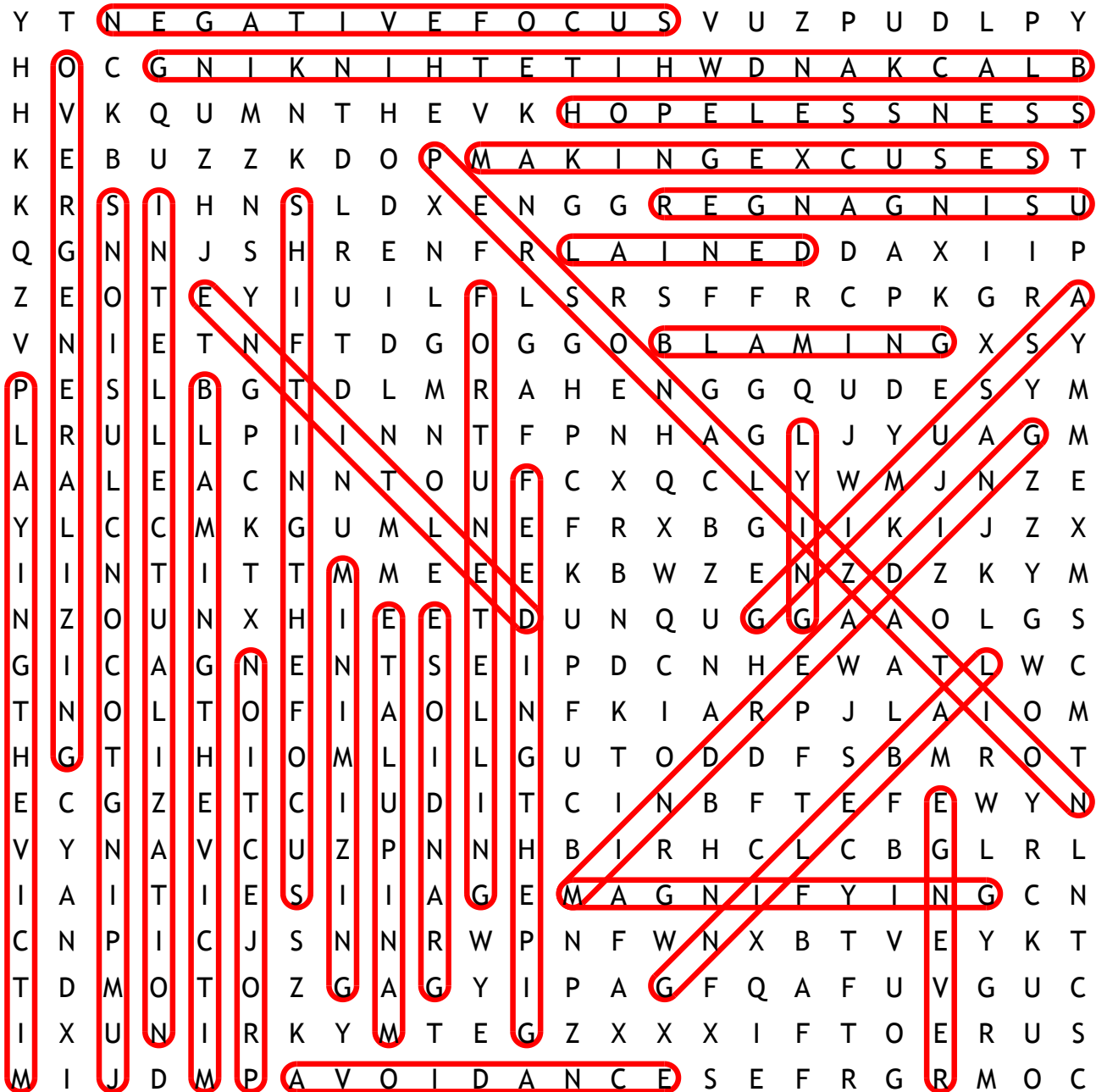


Name: _____

Date: _____

Cognitive Distortions



black and white thinking
overgeneralizing
fortune telling
hopelessness
using anger
grandiose
revenge

jumping to conclusions
blaming the victim
making excuses
mind reading
magnifying
entitled
blaming

intellectualization
shifting the focus
negative focus
projection
minimizing
assuming
denial

playing the victim
personalization
feeding the pig
manipulate
avoidance
labeling
lying