

1. Take time to **reflect** on each of the **Cognitive Distortions**.
2. **Identify** any that may be particularly relevant to you.
3. **Write** down here or in your journal your reflections.
4. **Consider the following questions** in relation to each of these:

Which of these cognitive distortions can you recognize inside your own thinking?

Identify some of the cognitive distortions that might be damaging inside of the context of your current personal or professional relationships?		
Situation	Feelings	Thoughts

How have these beliefs prevented you or limited you in terms of achieving the things you really want in life?

*To be used with **Cognitive Distortions** Instructional Sheet (IS-CD)

Challenging Unhealthy Thoughts

Unhealthy thought:

Challenges:

What evidence contradicts this thought:

Can I identify patterns of unhelpful thinking:

What are the costs of thinking this way:

What are the benefits of thinking this way:

How will I think about this in 6 months:

Is there another way to look at this situation:

Balanced thought:

This exercise challenges you to look deep. Take the time to reflect on events which have happened in your life and consider if there were any cognitive distortions involved and their connection and relation to your limiting beliefs and subsequent emotional consequences. Can you identify which part of your thought process caused the emotions you felt? What limiting beliefs underlay the distortion? Write down five negative and five positive life events to analyze and dissect them as much as possible.

Positive Life Event	Negative Life Event	Limiting Belief (Cognitive Distortion)	Emotional Consequence