

Cognitive Distortions

All-or-Nothing Thinking

Should Statements

Catastrophizing

Jumping to Conclusions

Overgeneralization

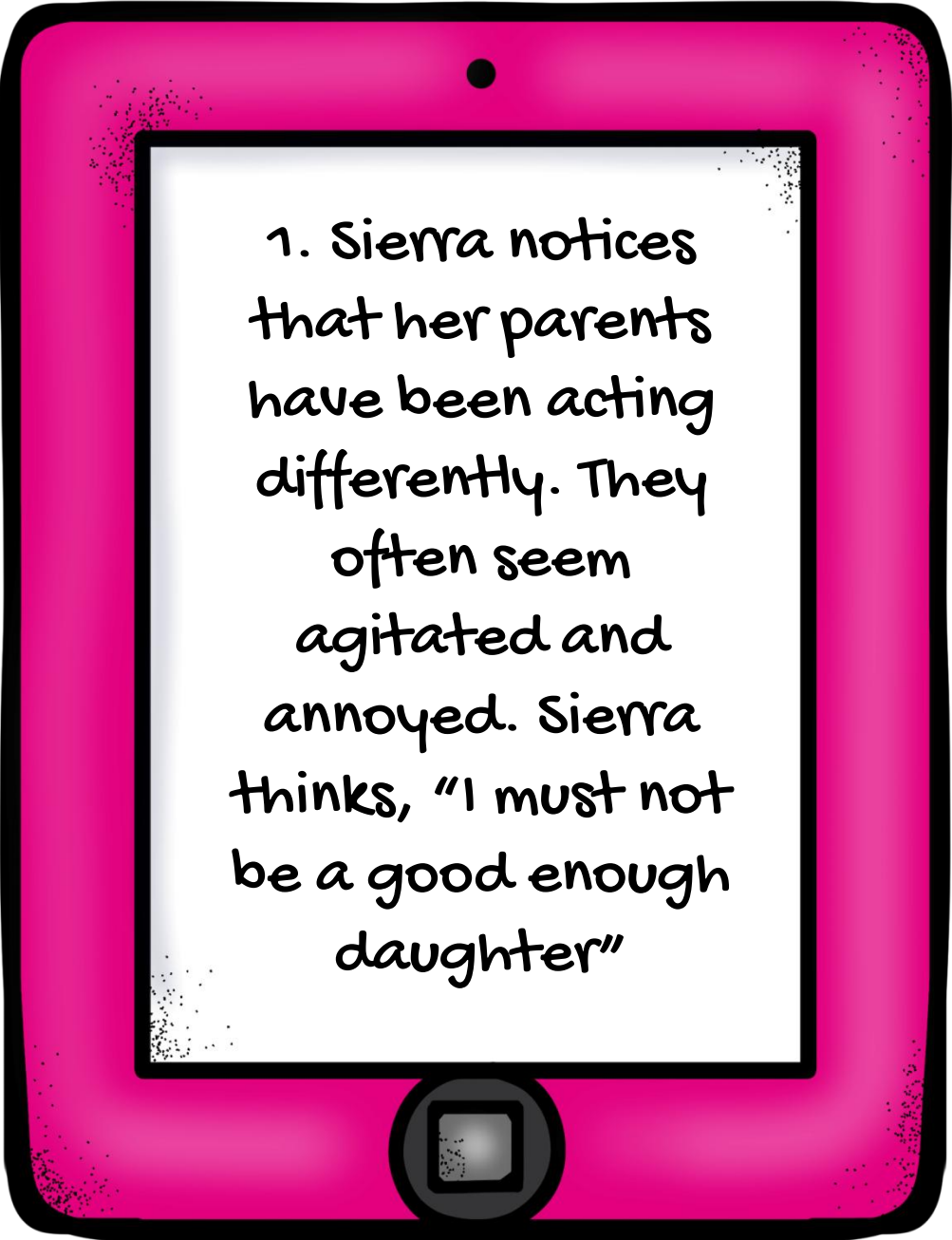
Personalization

Emotional Reasoning

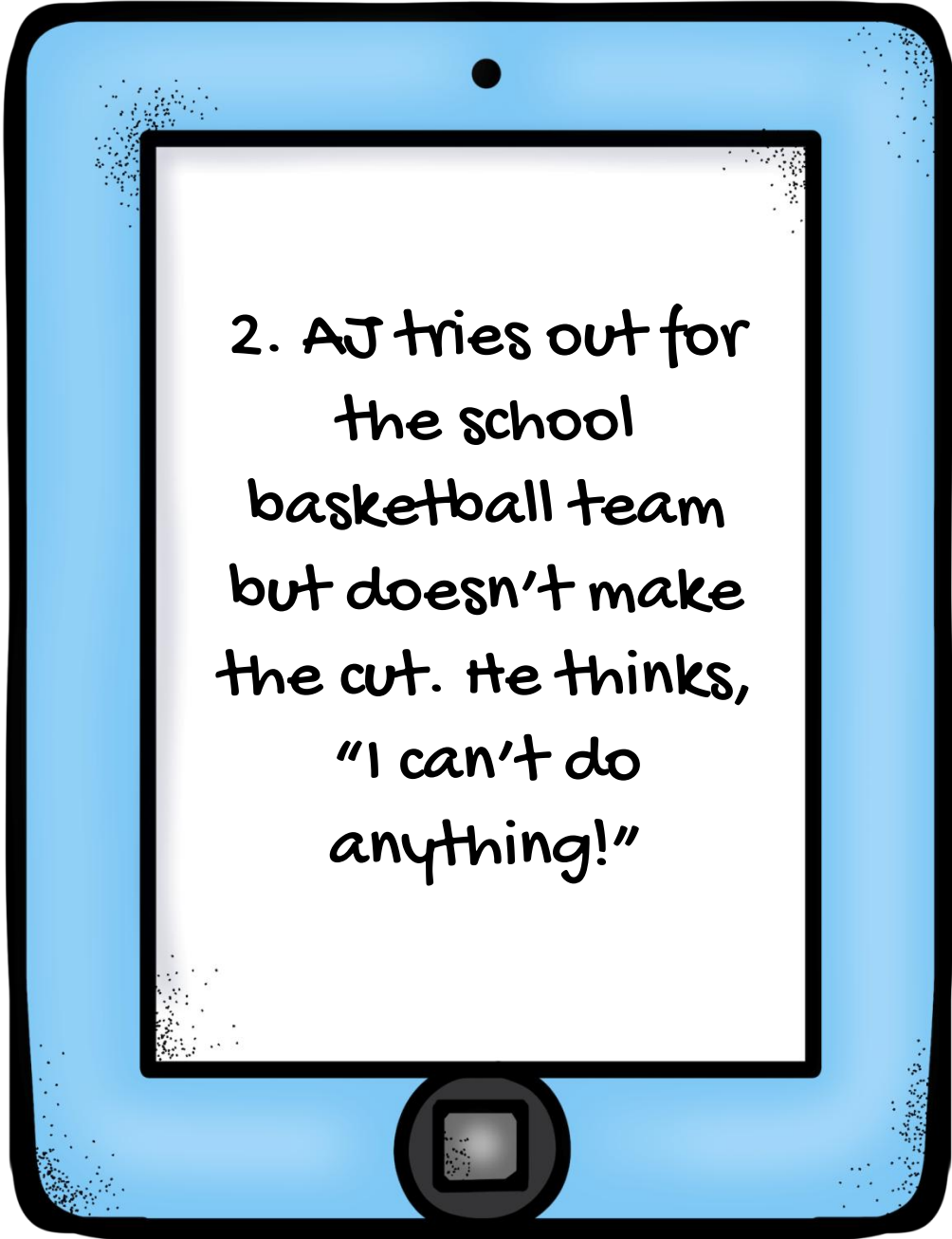
Mental Filter

Disqualifying the Positive

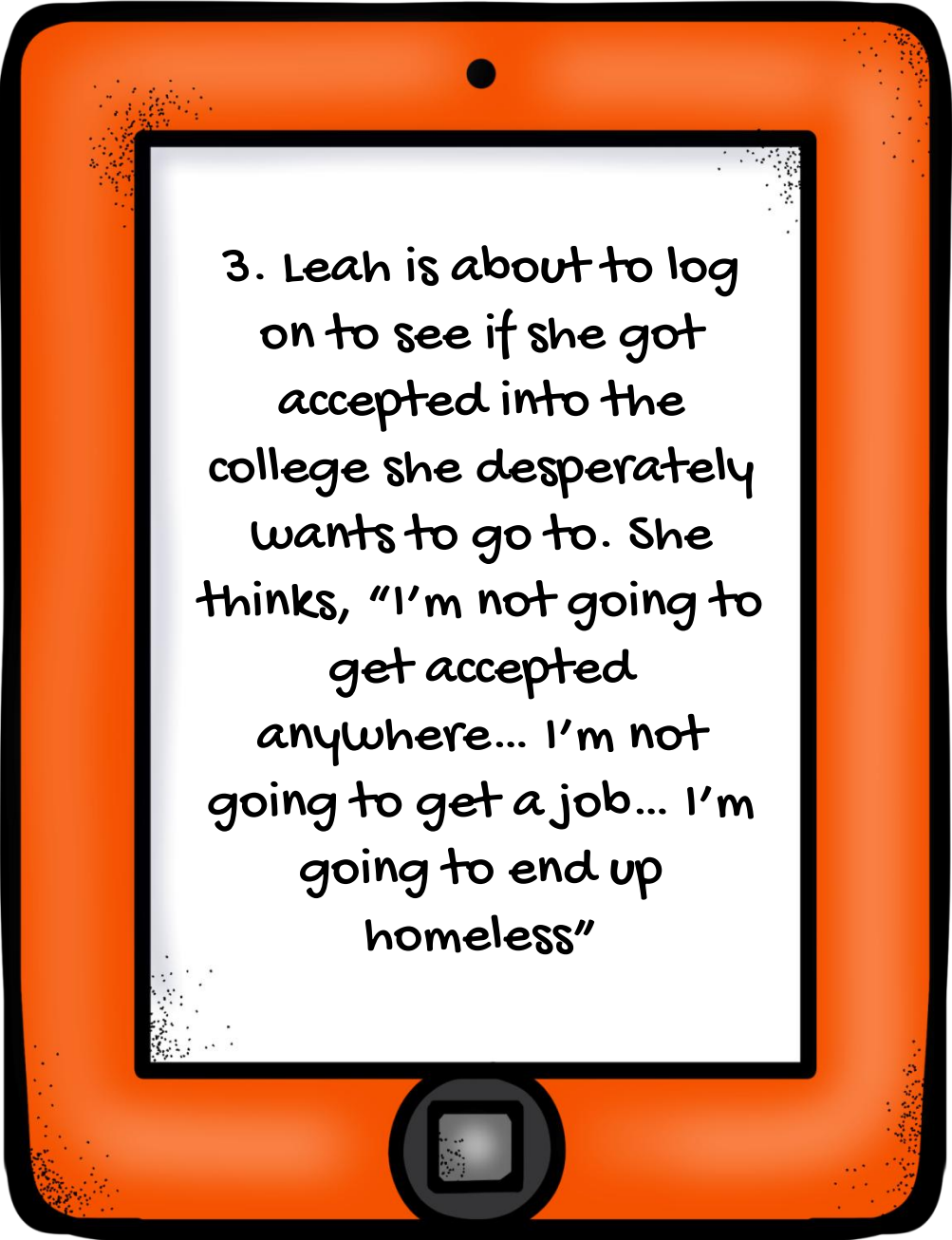
Labeling




1. Sierra notices that her parents have been acting differently. They often seem agitated and annoyed. Sierra thinks, "I must not be a good enough daughter"



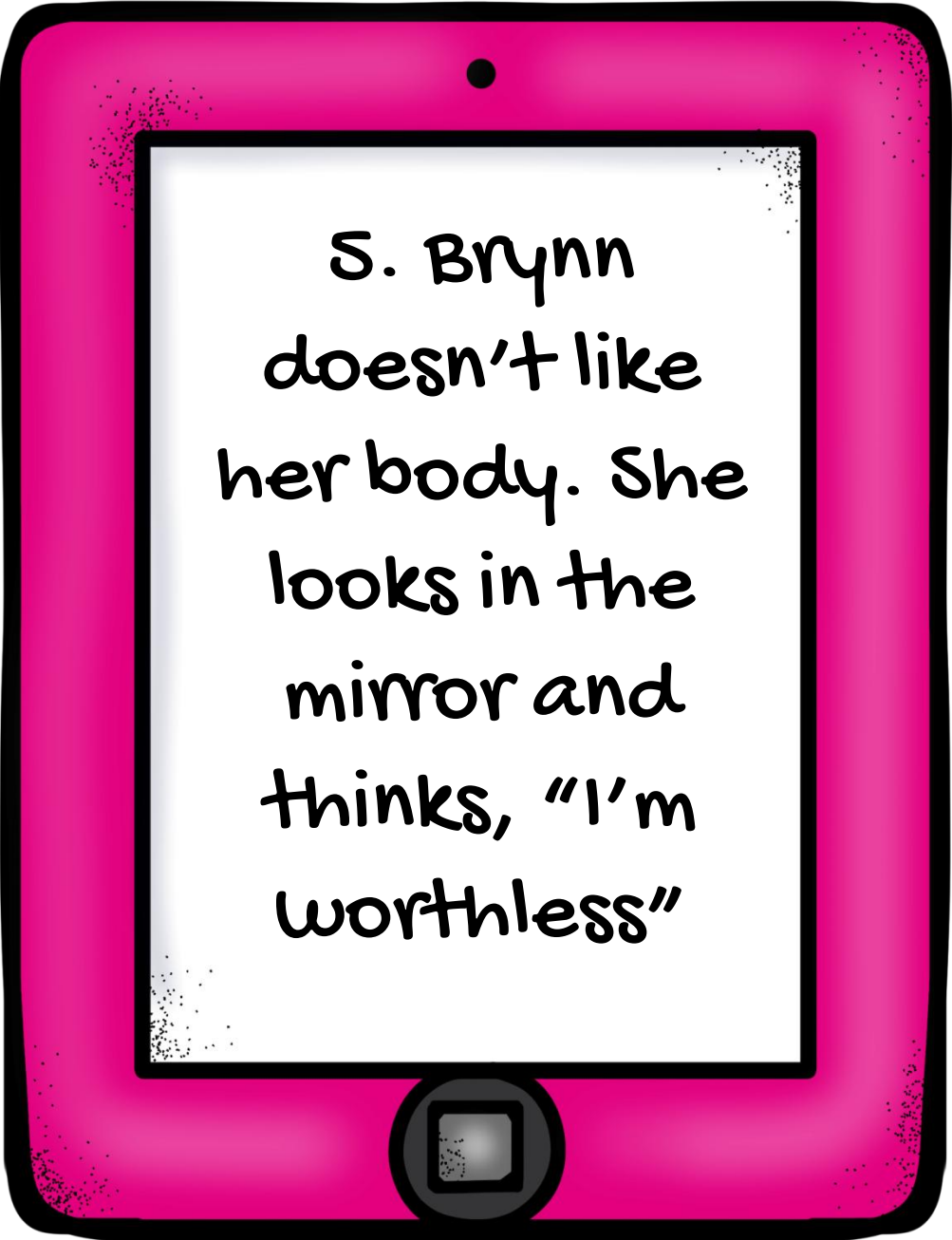
2. AJ tries out for the school basketball team but doesn't make the cut. He thinks, "I can't do anything!"




3. Leah is about to log on to see if she got accepted into the college she desperately wants to go to. She thinks, "I'm not going to get accepted anywhere... I'm not going to get a job... I'm going to end up homeless"



4. Ethan tells his girlfriend, "You shouldn't be talking to other guys"



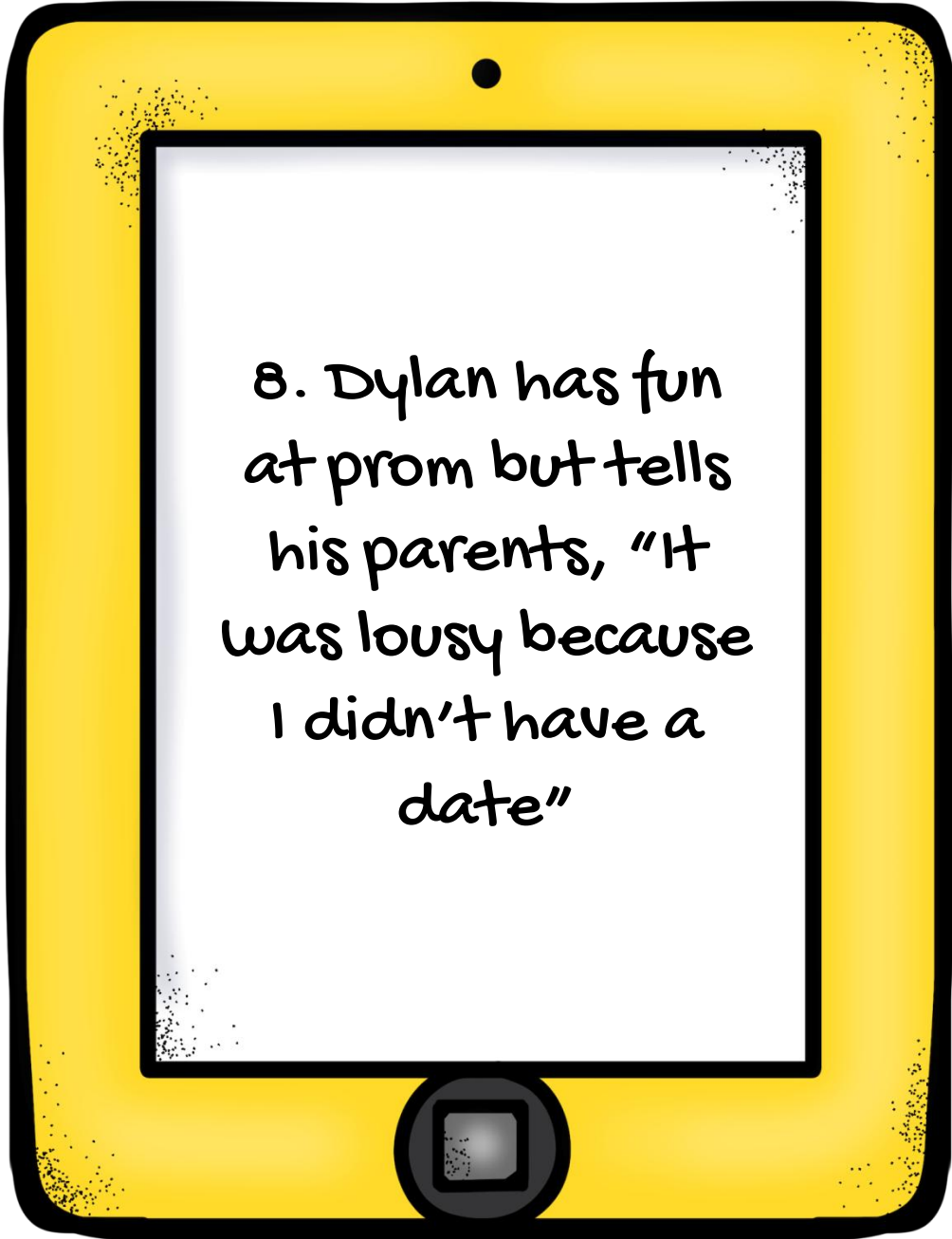
5. Brynn
doesn't like
her body. She
looks in the
mirror and
thinks, "I'm
worthless"




6. Jalon feels
lonely & unlovable.
He thinks, "No
one cares about
me"



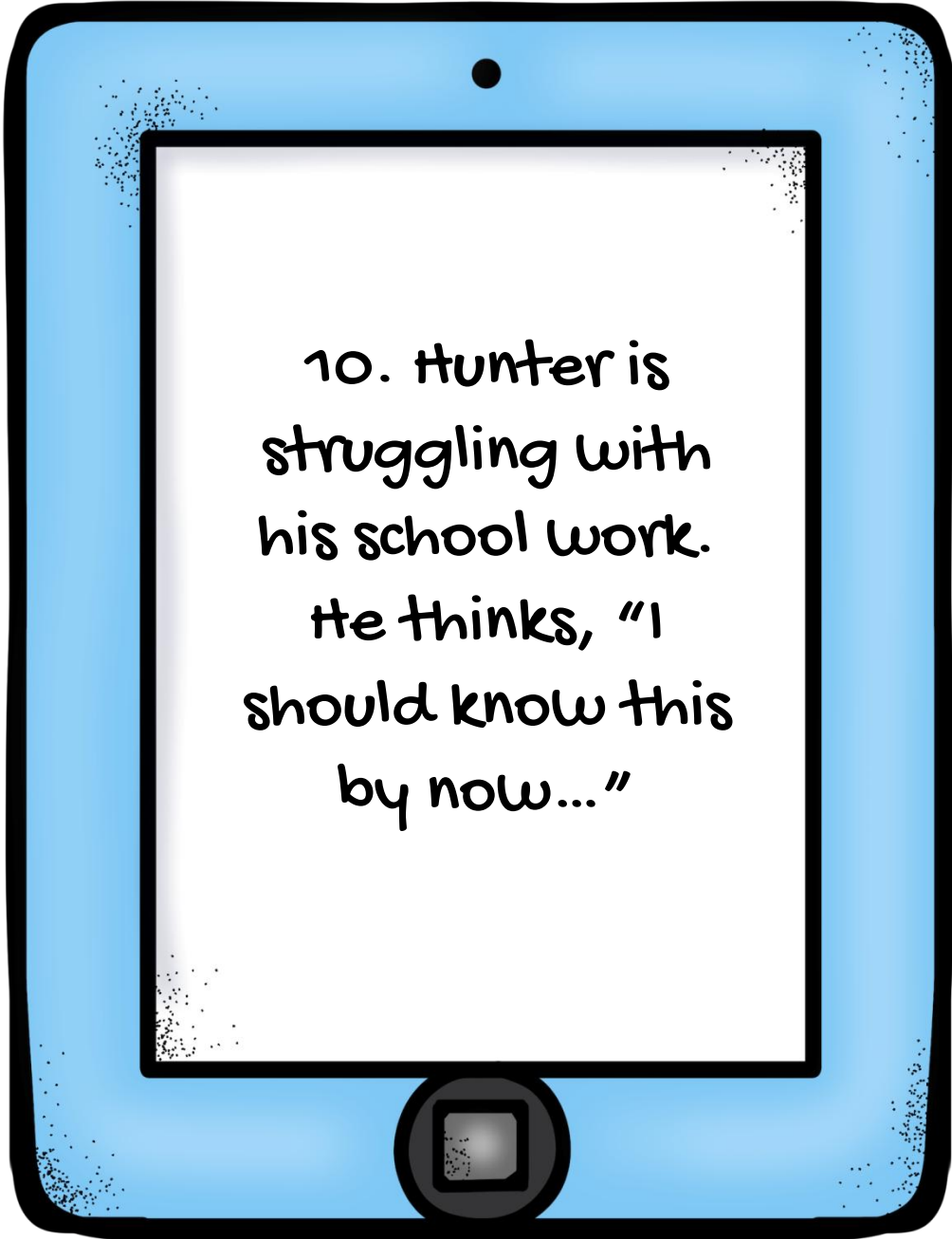
7. Scarlett looks at comments on her Instagram and sees her friends making fun of the outfit she is wearing in one picture. She thinks, "They like to gang up on me. They only pick on me"



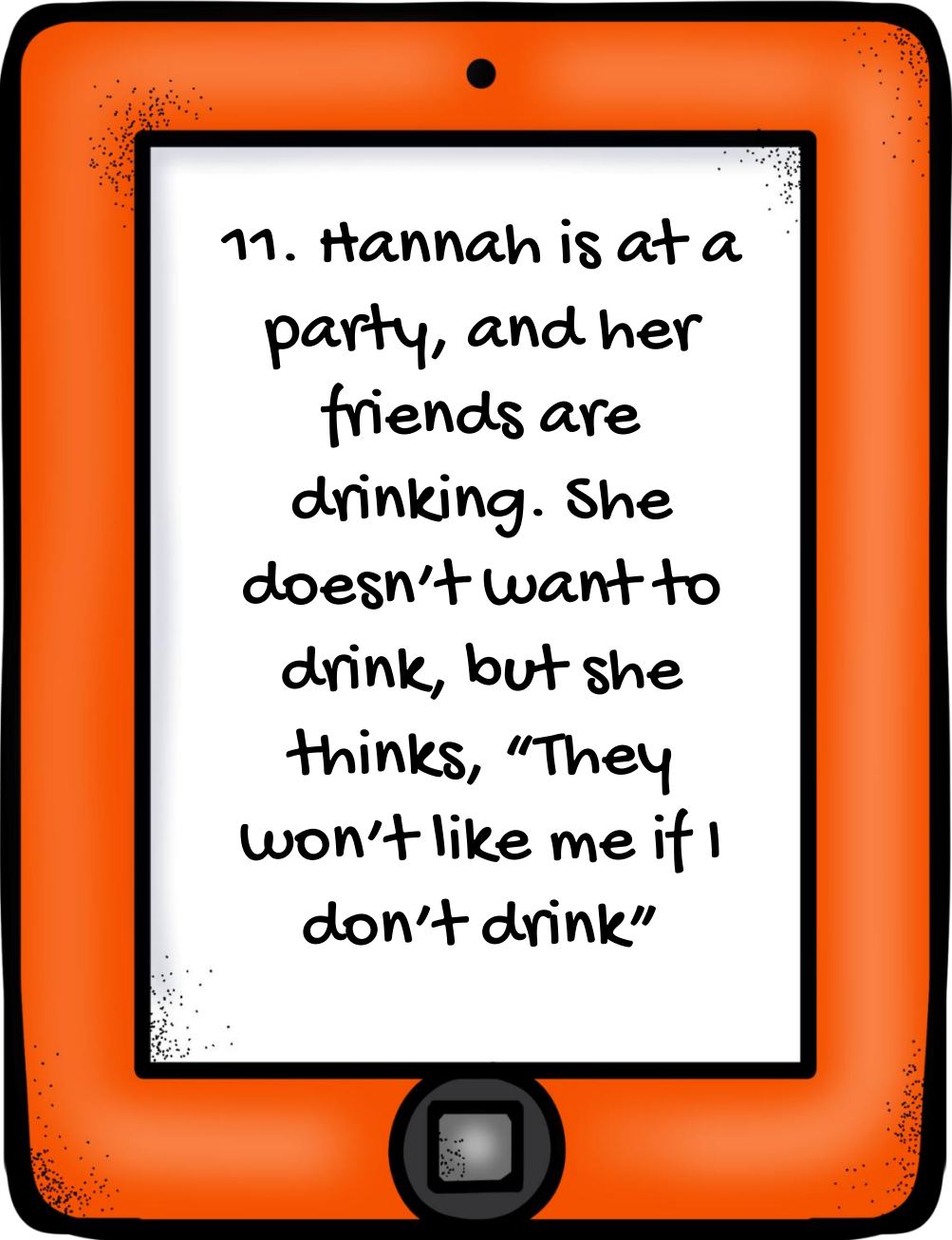
8. Dylan has fun at prom but tells his parents, "It was lousy because I didn't have a date"




9. Over summer break, Arielle gets her first job. She brushes it off, thinking, "I only got this job because the owner knows my aunt"



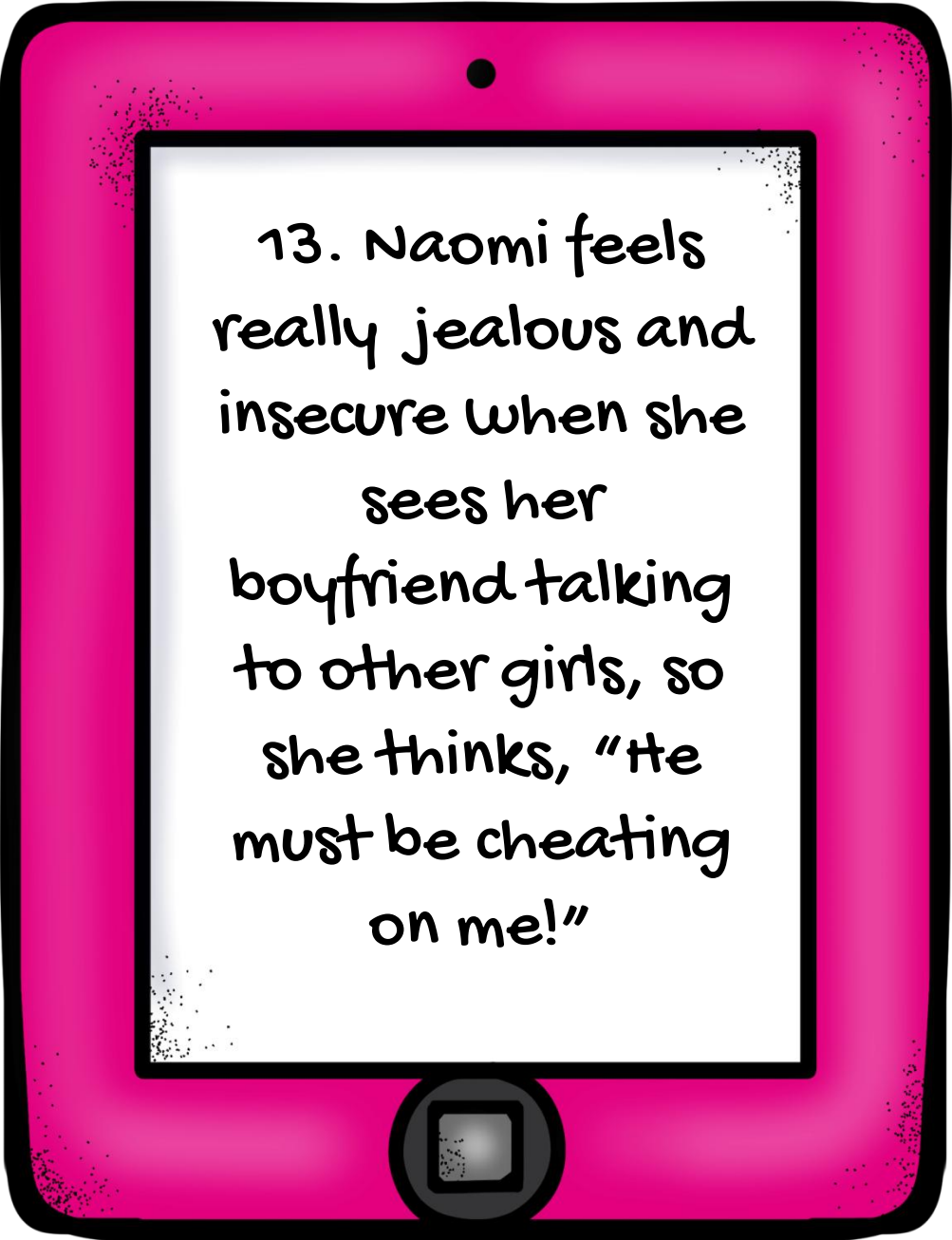
10. Hunter is struggling with his school work. He thinks, "I should know this by now..."



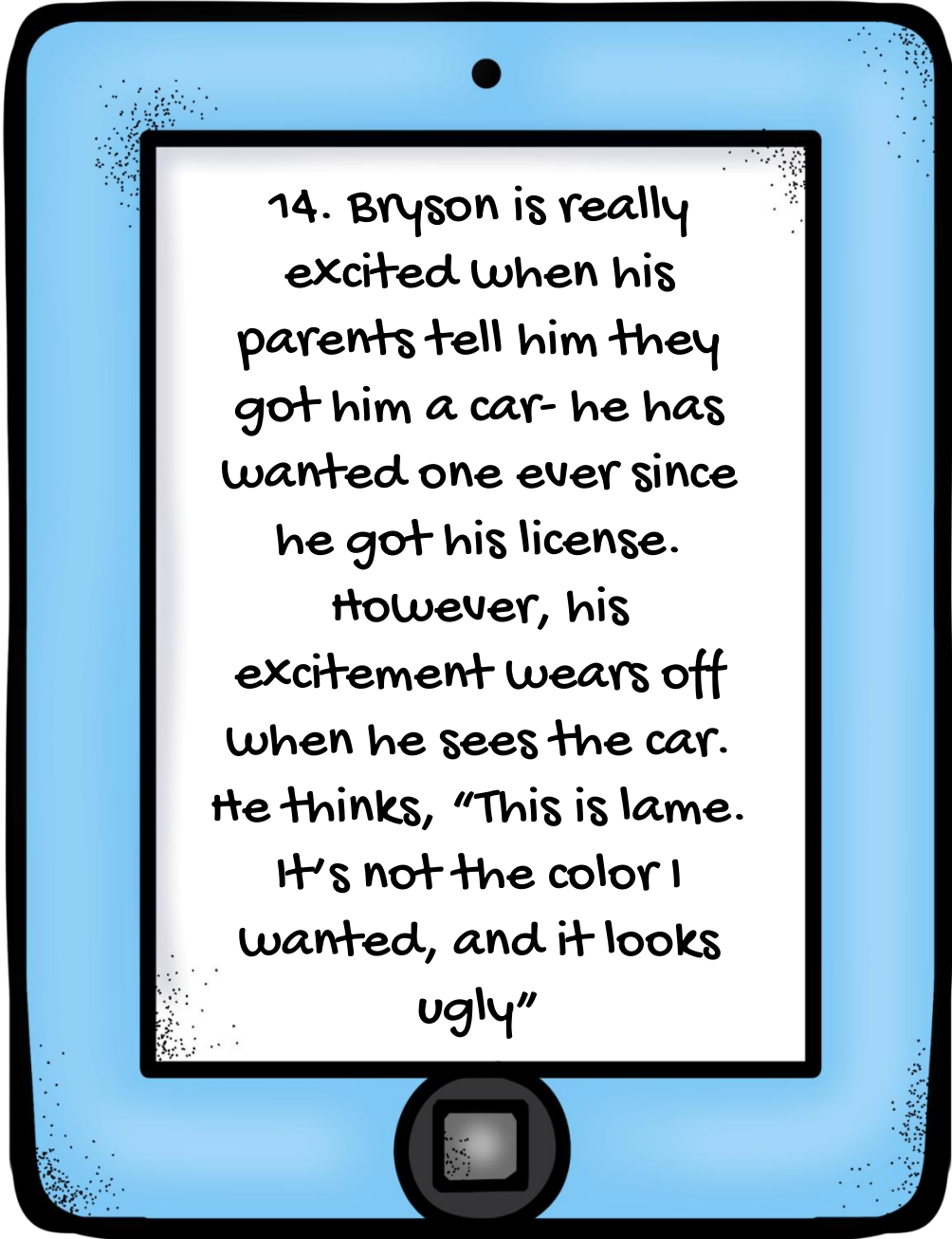
11. Hannah is at a party, and her friends are drinking. She doesn't want to drink, but she thinks, "They won't like me if I don't drink"



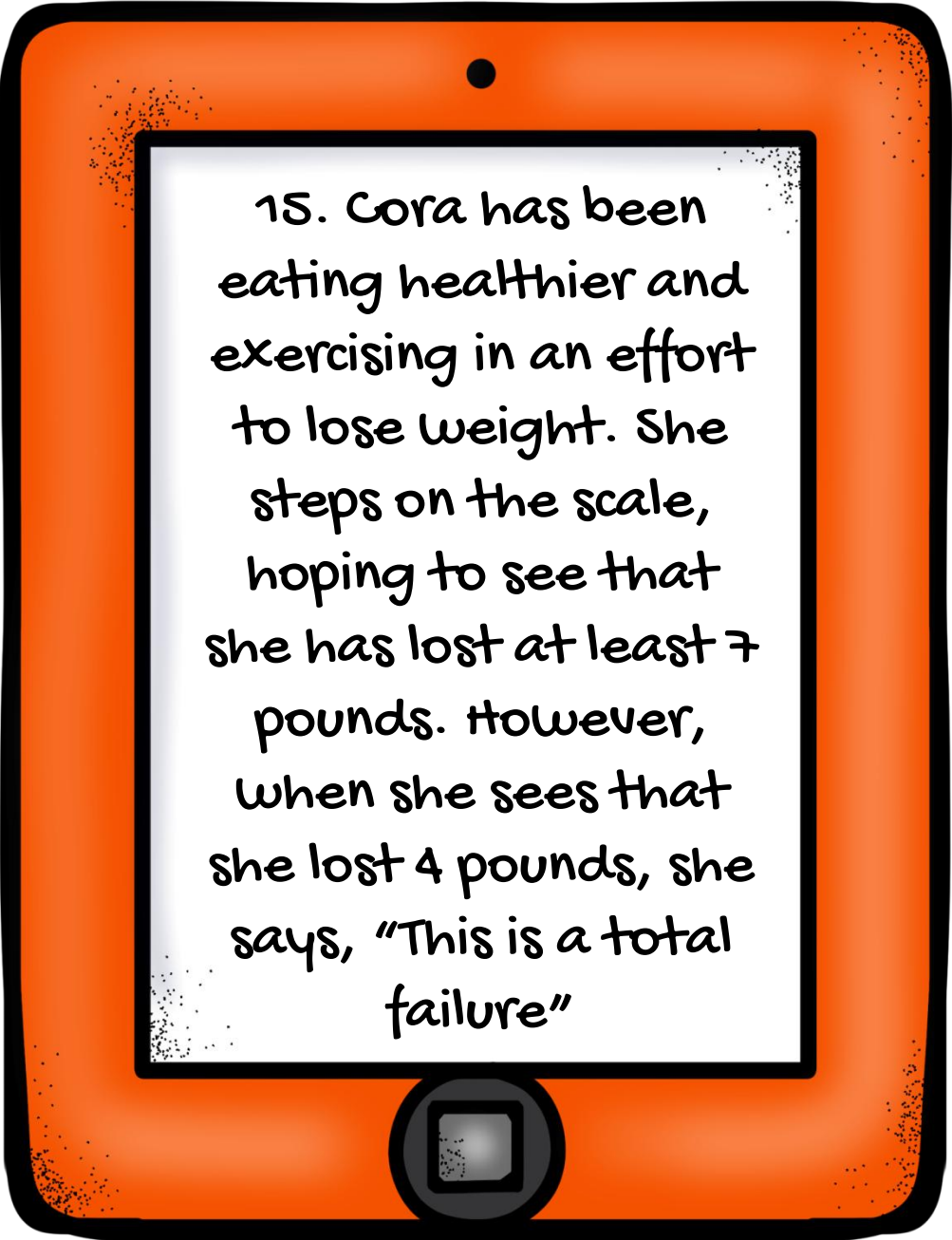
12. Jose needs his clothes washed, but his mom is busy. She tells him he could learn how to do laundry himself. Jose gets frustrated and says, "You're my mom- you should just do it for me!"



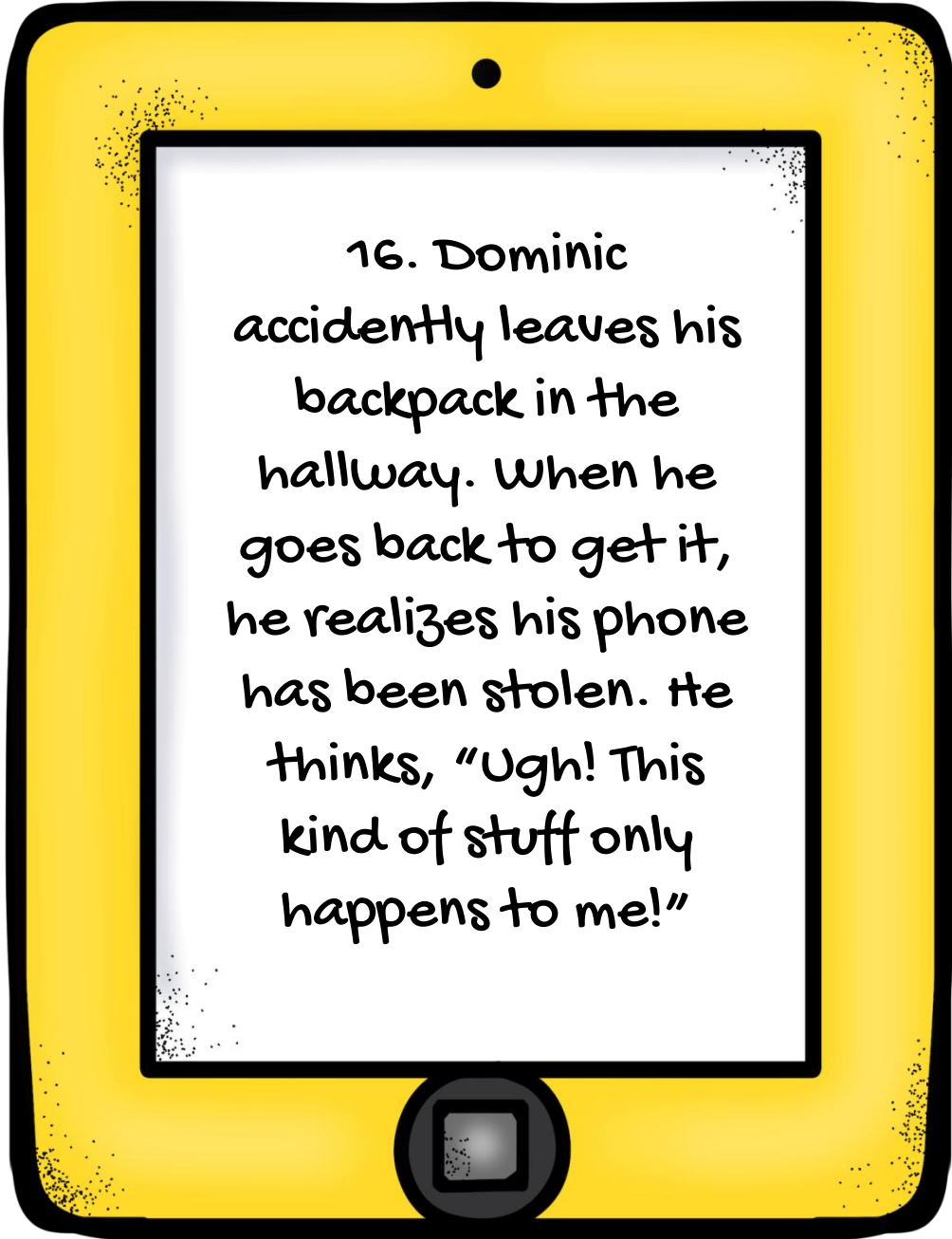
13. Naomi feels really jealous and insecure when she sees her boyfriend talking to other girls, so she thinks, "He must be cheating on me!"



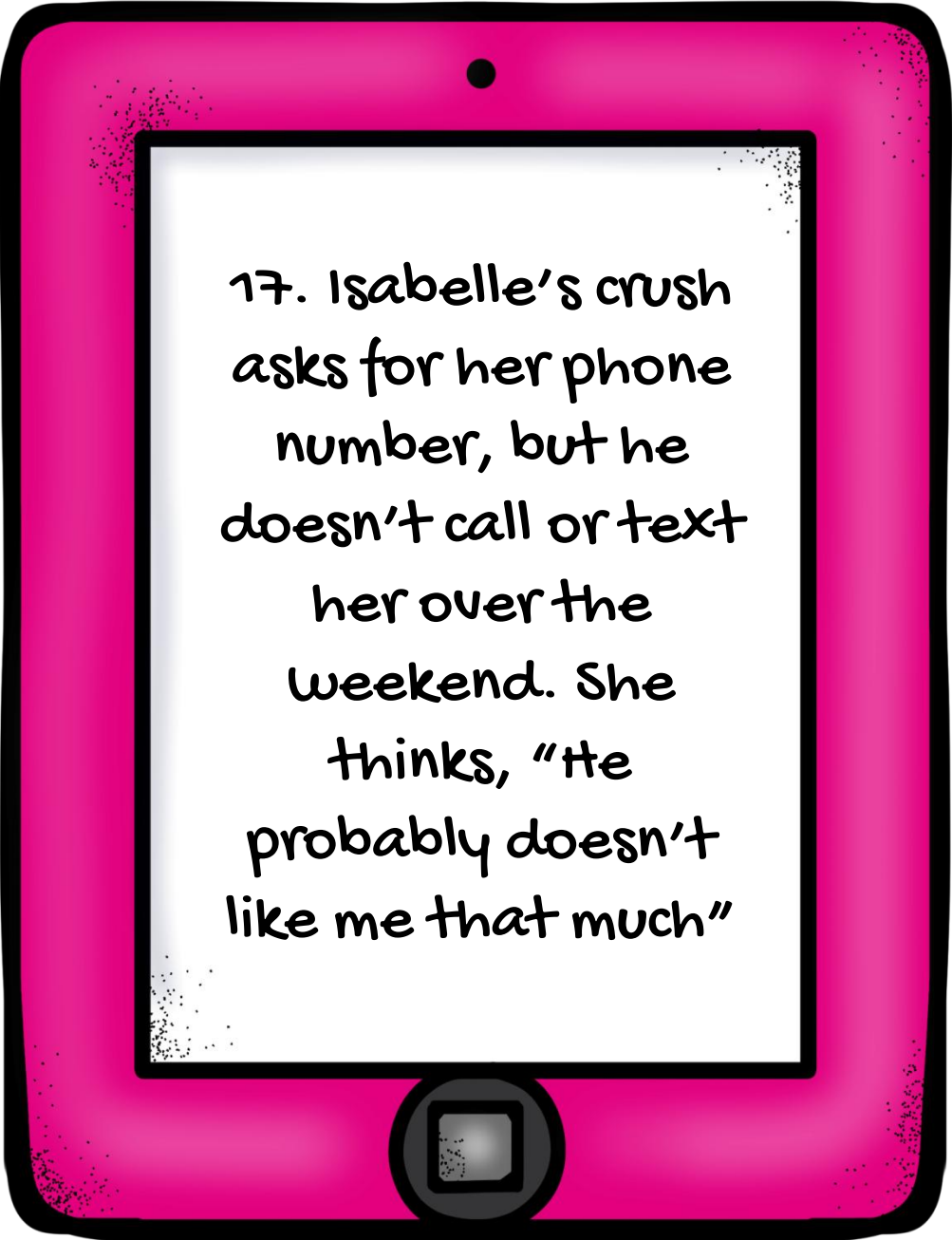
14. Bryson is really excited when his parents tell him they got him a car- he has wanted one ever since he got his license. However, his excitement wears off when he sees the car. He thinks, "This is lame. It's not the color I wanted, and it looks ugly"




15. Cora has been eating healthier and exercising in an effort to lose weight. She steps on the scale, hoping to see that she has lost at least 7 pounds. However, when she sees that she lost 4 pounds, she says, "This is a total failure"



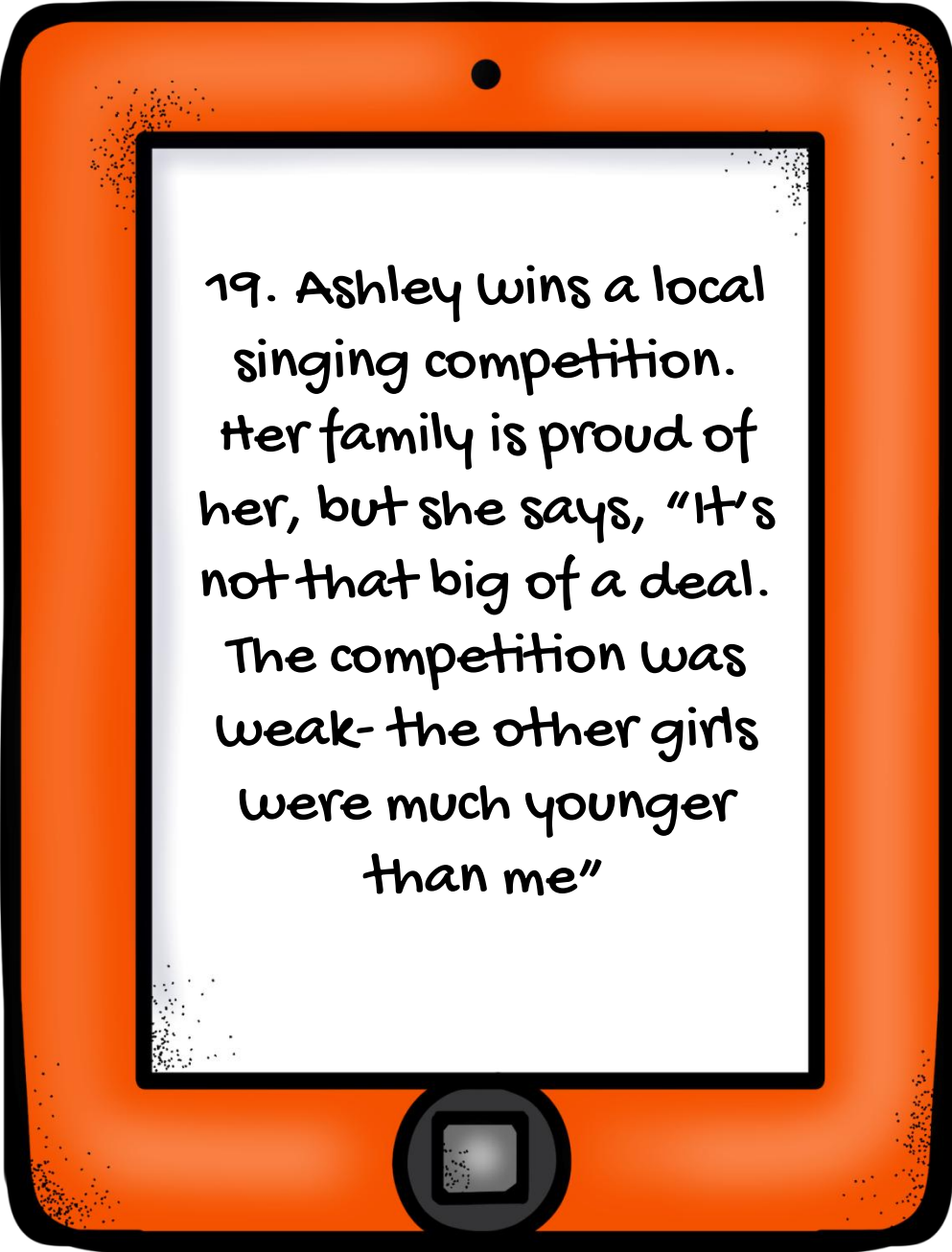
16. Dominic accidentally leaves his backpack in the hallway. When he goes back to get it, he realizes his phone has been stolen. He thinks, "Ugh! This kind of stuff only happens to me!"



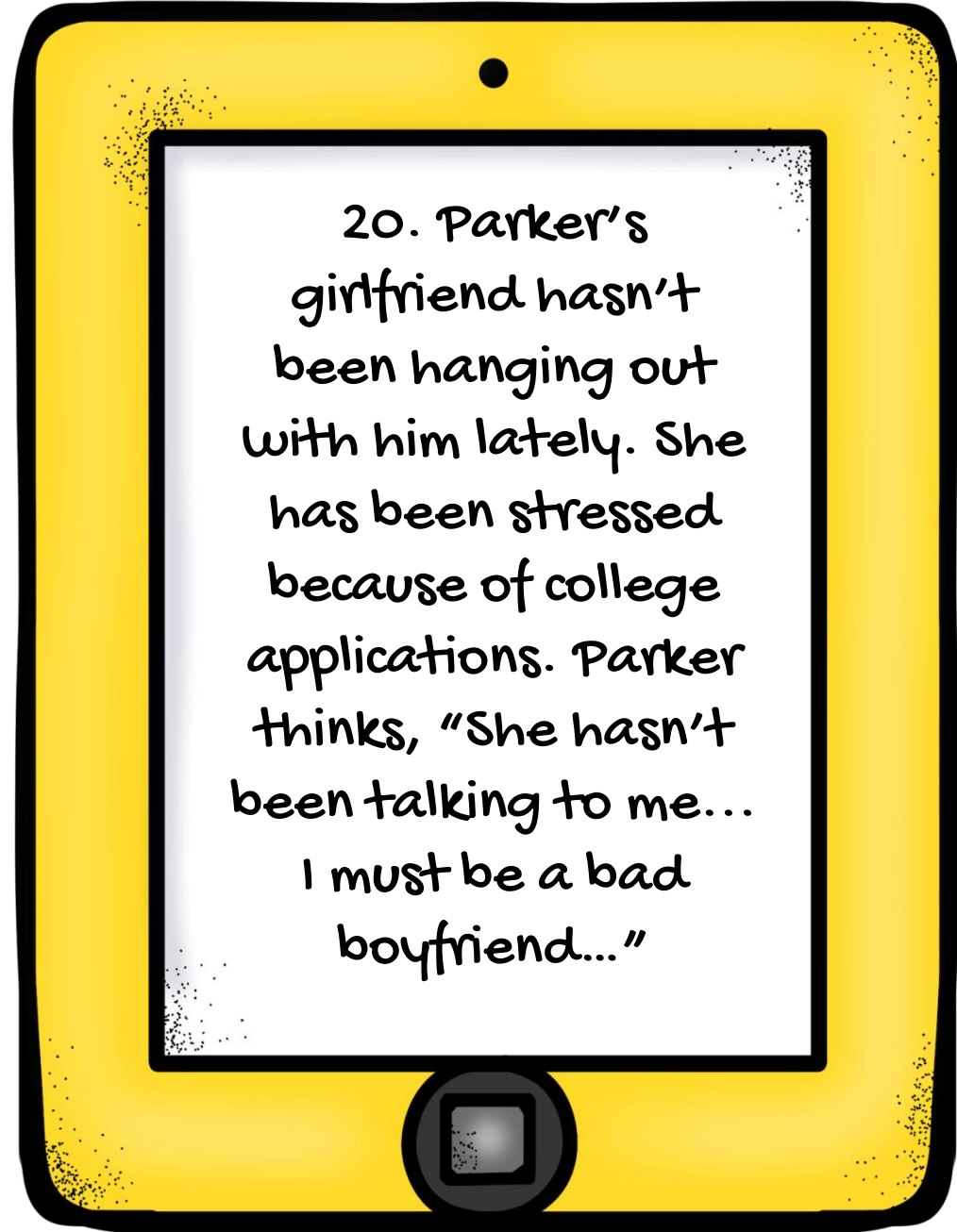
17. Isabelle's crush asks for her phone number, but he doesn't call or text her over the weekend. She thinks, "He probably doesn't like me that much"



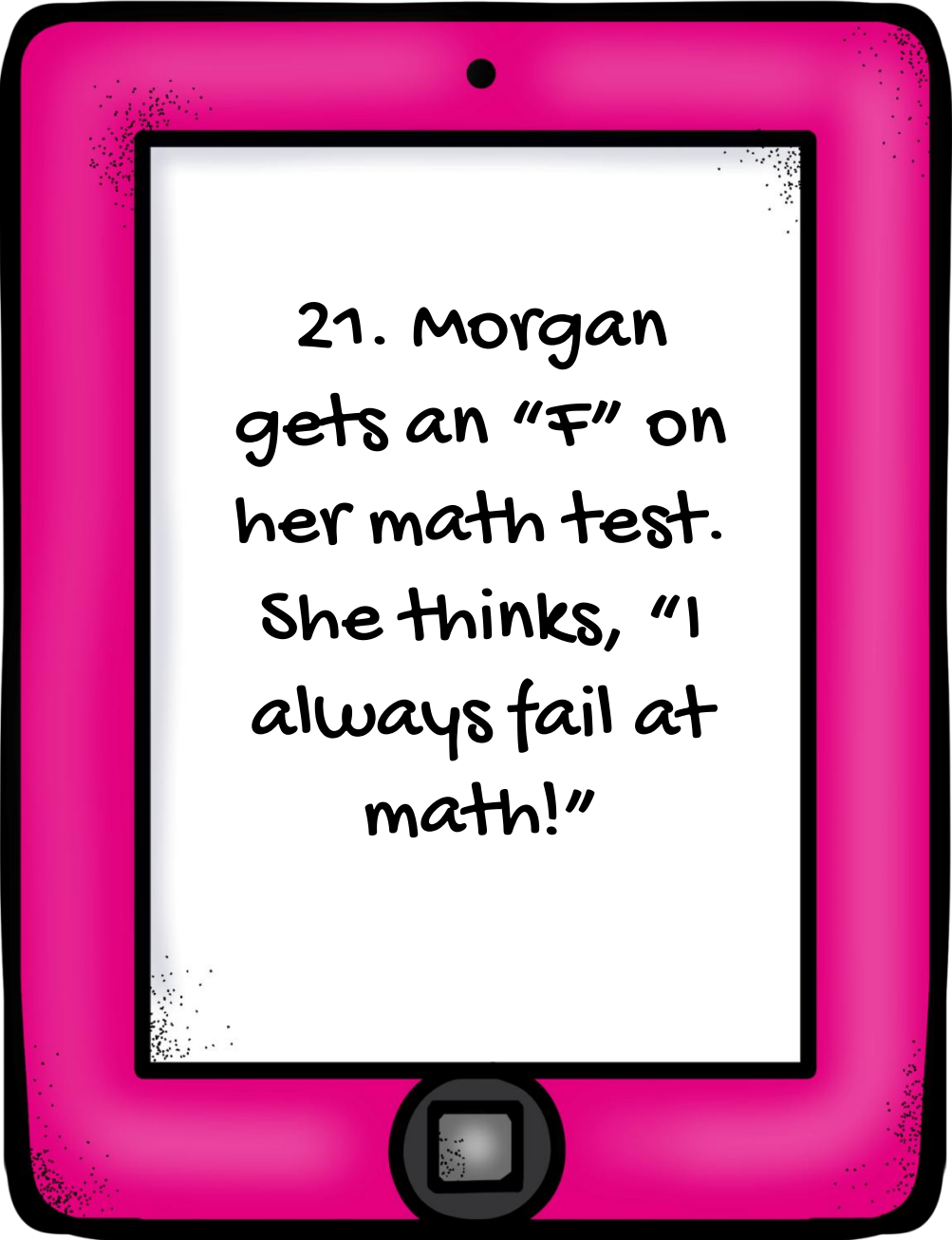
18. After a party, Santiago's best friend gets busted for a DUI. Santiago feels guilty because he wasn't able to stop his friend from driving. He thinks, "I'm a really bad friend"



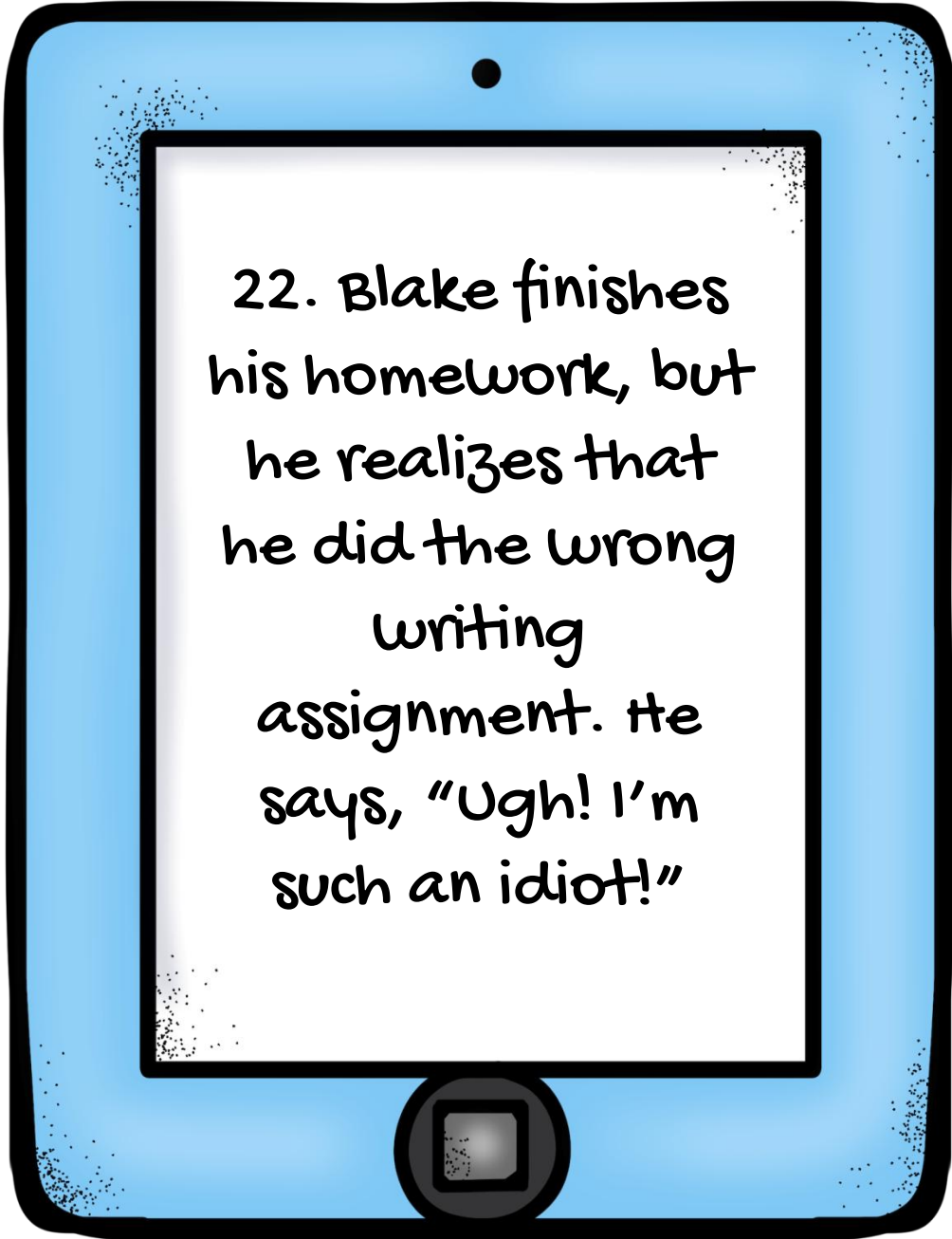
19. Ashley wins a local singing competition. Her family is proud of her, but she says, "It's not that big of a deal. The competition was weak- the other girls were much younger than me"



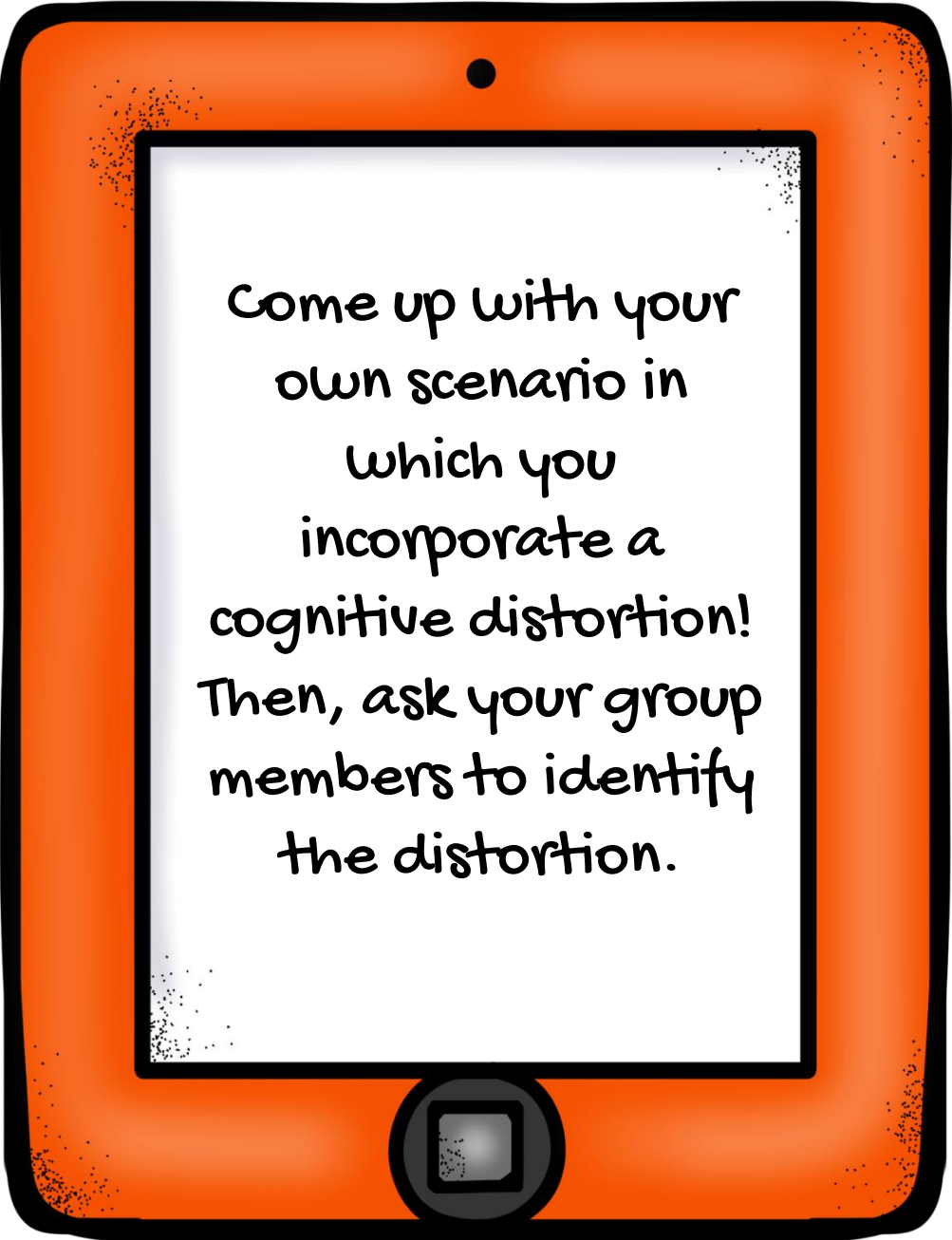
20. Parker's girlfriend hasn't been hanging out with him lately. She has been stressed because of college applications. Parker thinks, "She hasn't been talking to me... I must be a bad boyfriend..."



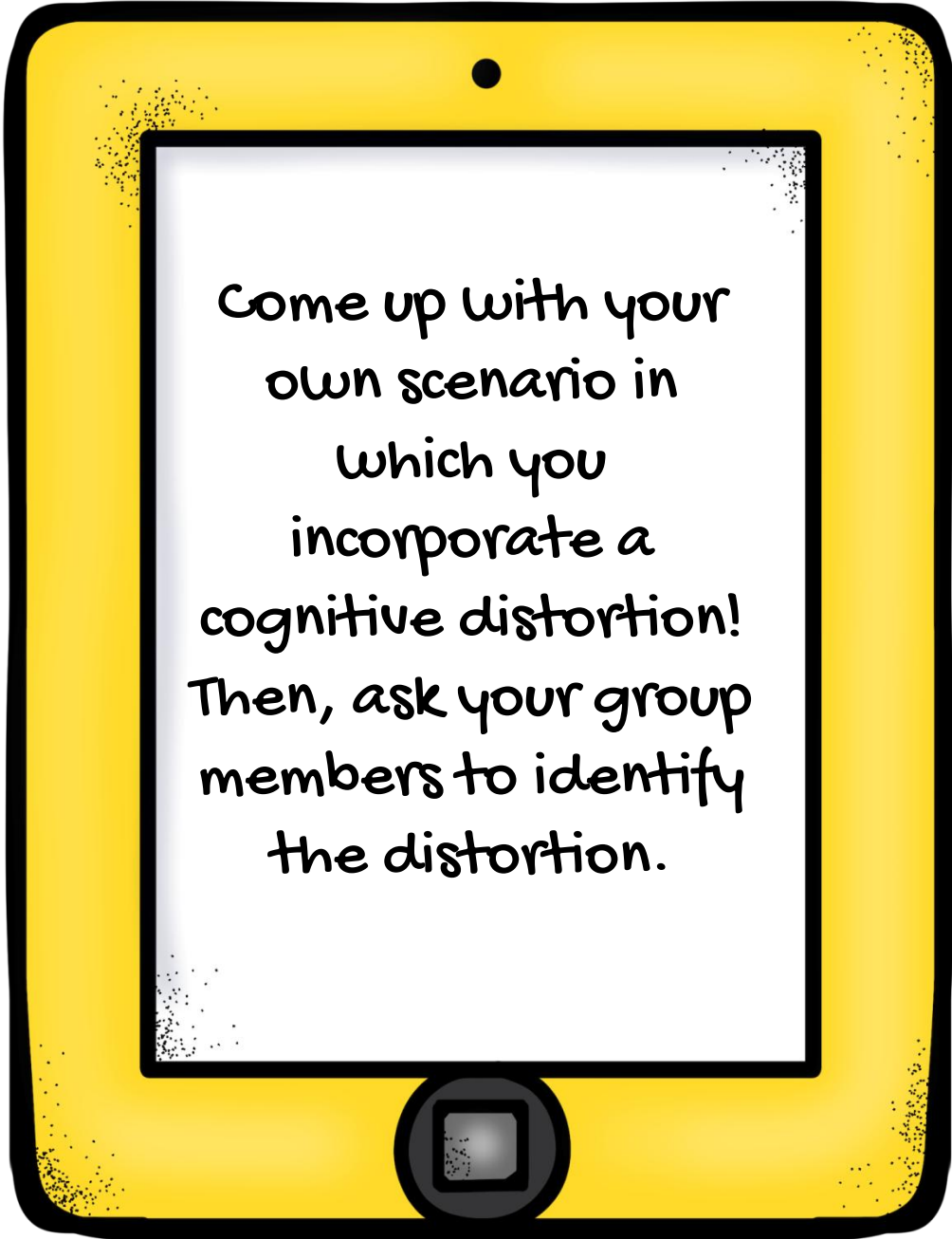
21. Morgan gets an "F" on her math test. She thinks, "I always fail at math!"



22. Blake finishes his homework, but he realizes that he did the wrong writing assignment. He says, "Ugh! I'm such an idiot!"



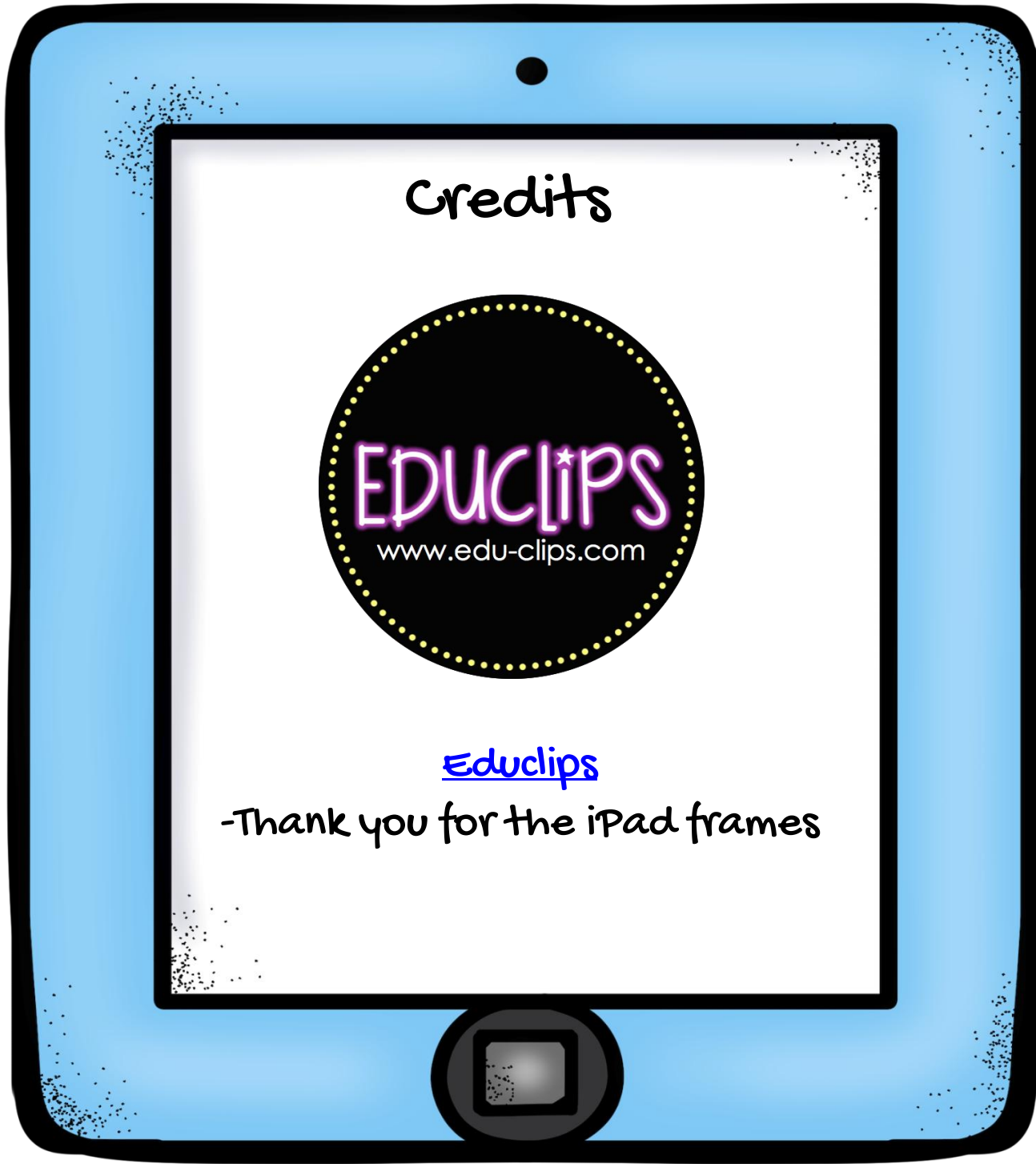
Come up with your own scenario in which you incorporate a cognitive distortion! Then, ask your group members to identify the distortion.



Come up with your own scenario in which you incorporate a cognitive distortion! Then, ask your group members to identify the distortion.

These are possible answers that would fit the scenarios (note that it could be more than one):

1. Personalization (could also be: jumping to conclusions)
2. All-or-Nothing Thinking (could also be: jumping to conclusions or overgeneralization)
3. Catastrophizing (could also be: jumping to conclusions)
4. Should Statement
5. Labeling
6. Emotional Reasoning
7. Overgeneralization
8. Mental Filter
9. Disqualifying the Positive (could also be: jumping to conclusions)
10. Should Statement
11. Jumping to Conclusions
12. Should Statement
13. Emotional Reasoning (could also be: jumping to conclusions)
14. Mental Filter
15. All-or-Nothing Thinking
16. Overgeneralization
17. Jumping to Conclusions
18. Emotional Reasoning (could also be: personalization)
19. Disqualifying the Positive
20. Personalization (could also be: jumping to conclusions)
21. All-or-Nothing Thinking (could also be: overgeneralization)
22. Labeling



Credits



Educlips

-Thank you for the iPad frames