Task Cards:

Cognitive Distortions
(for teens)

Cognitive Distortions

All-or-Nothing Thinking

Should Statements

Catastrophizing

Jumping to Conclusions
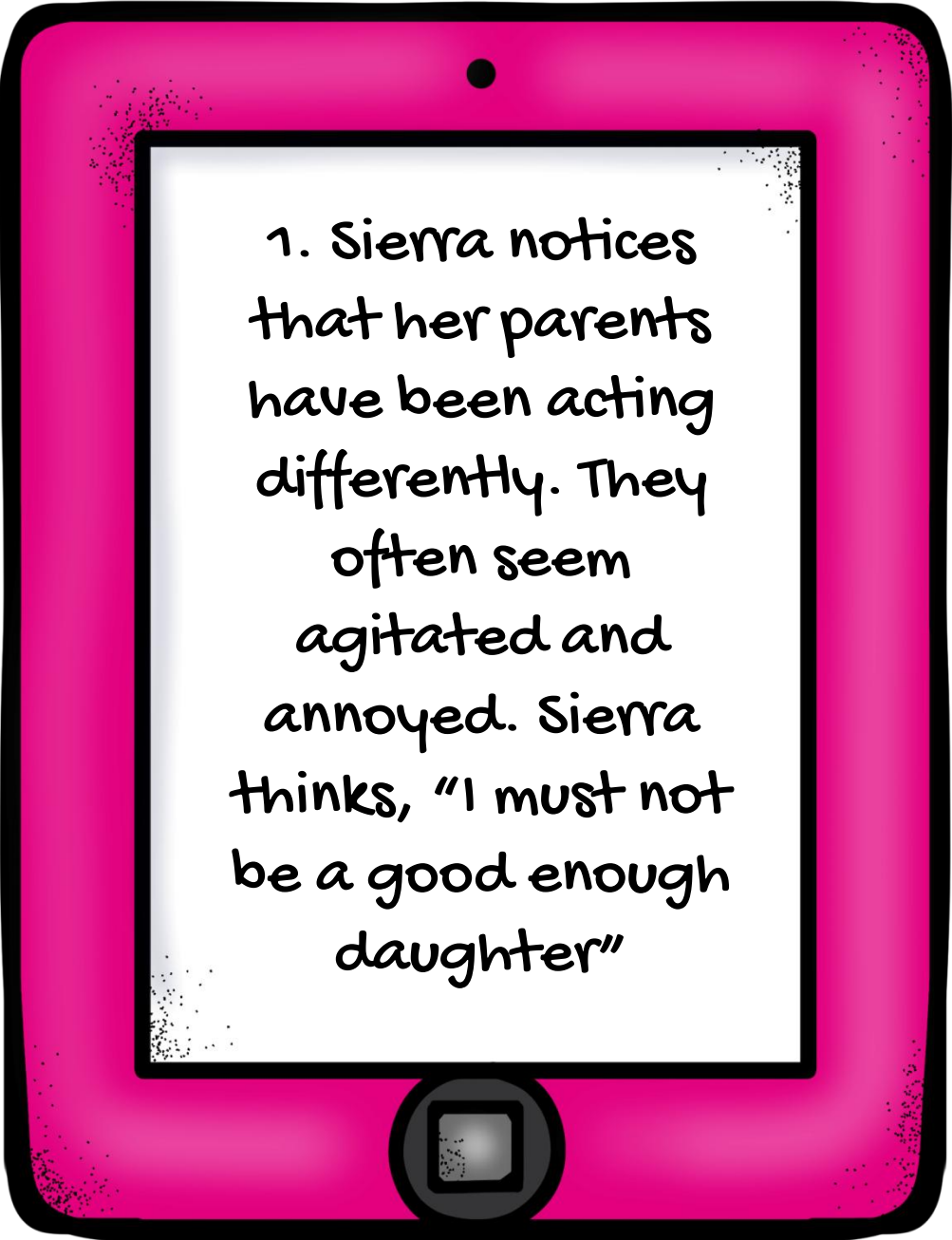
Overgeneralization

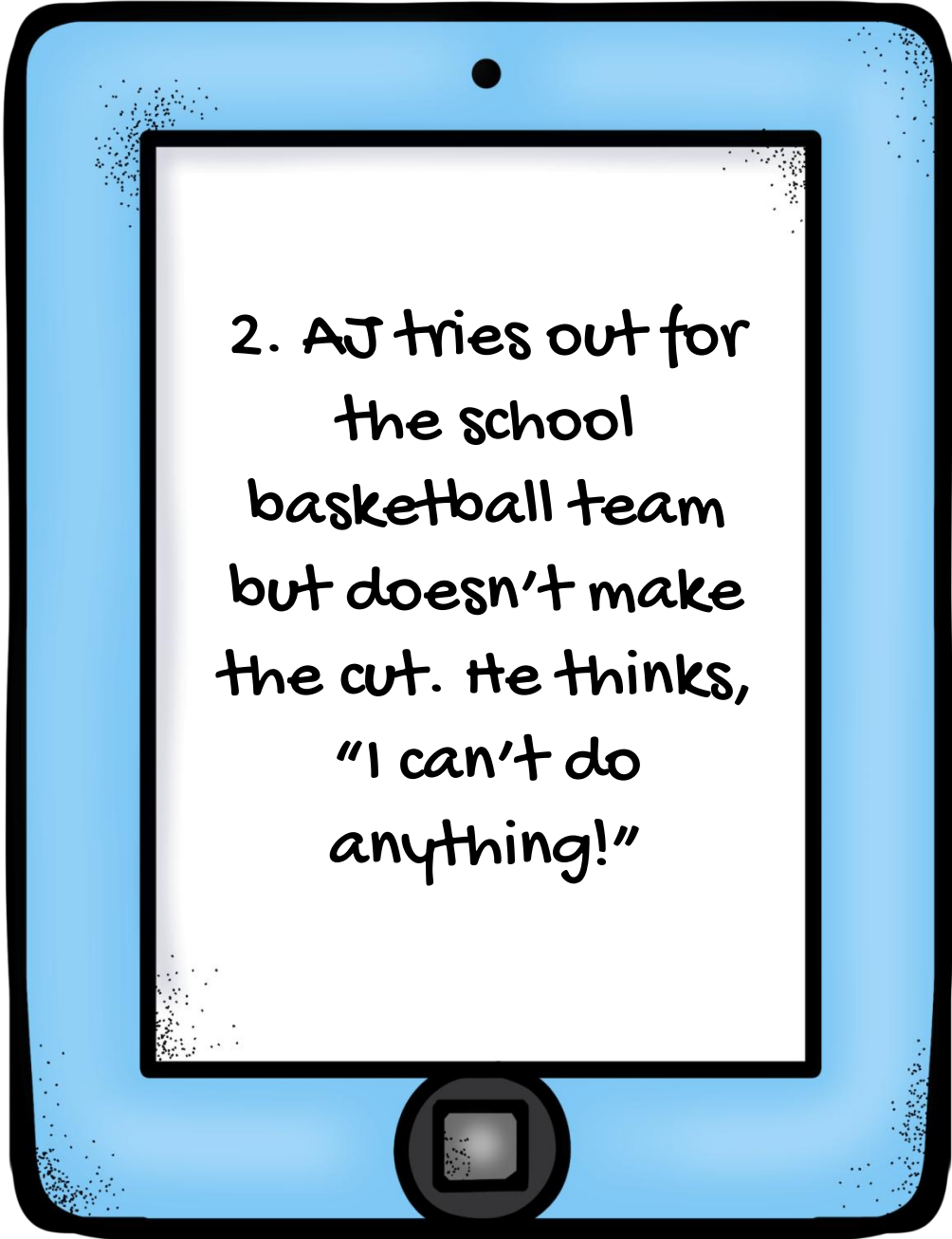Personalization

Emotional Reasoning
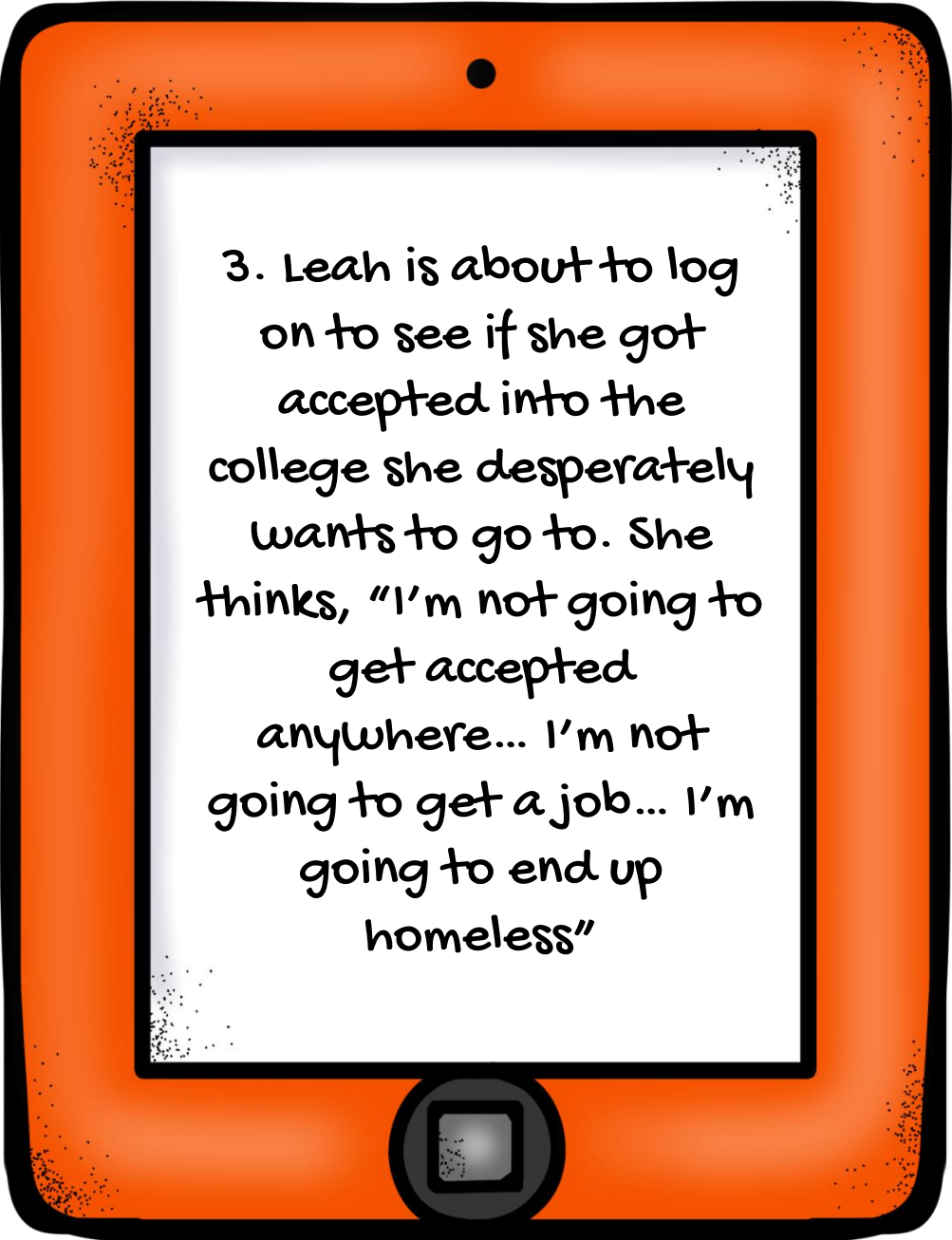
Mental Filter

Disqualifying the Positive

Labeling

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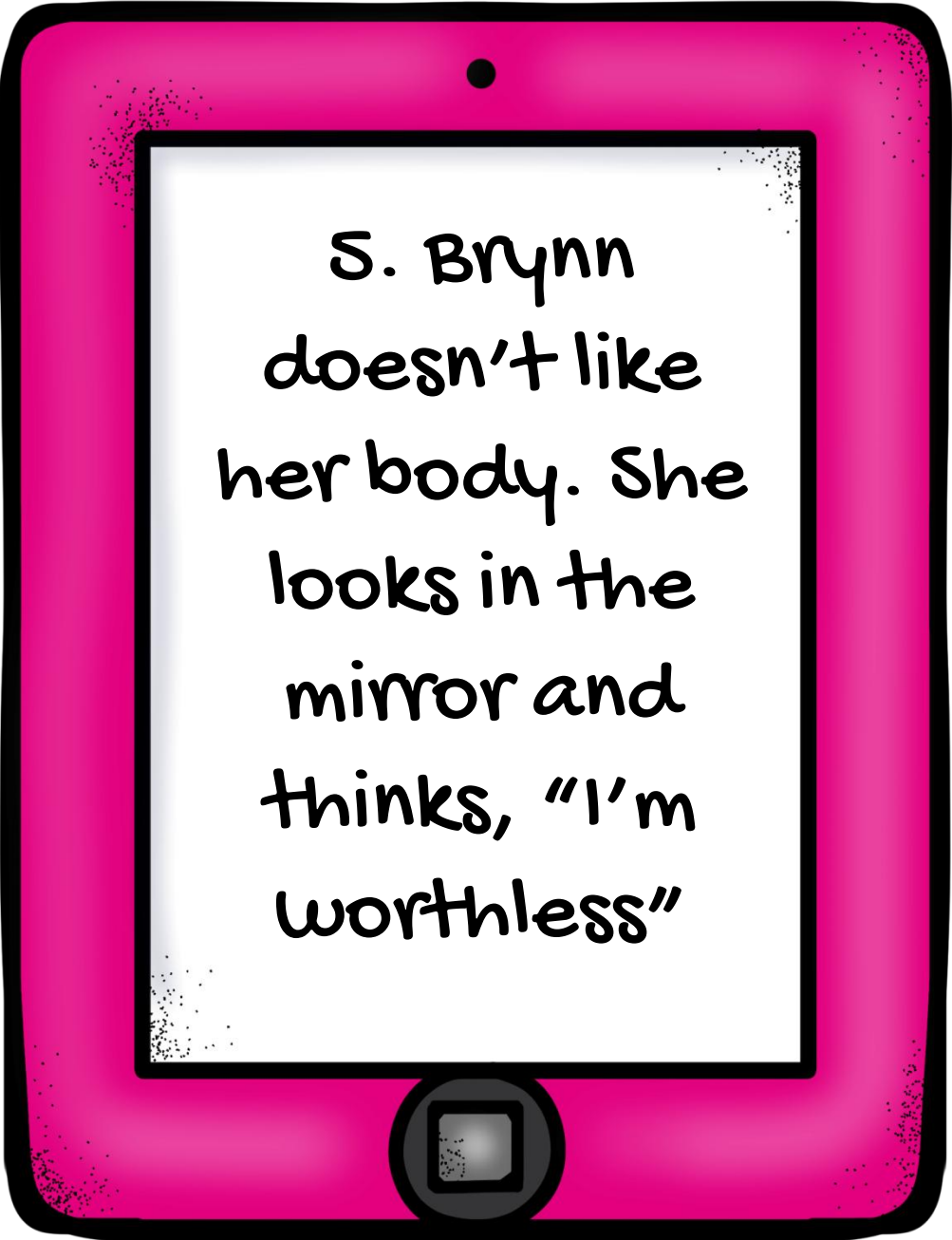
2. AJ tries out for the school basketball team but doesn't make the cut. He thinks, "I can't do anything!"

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"

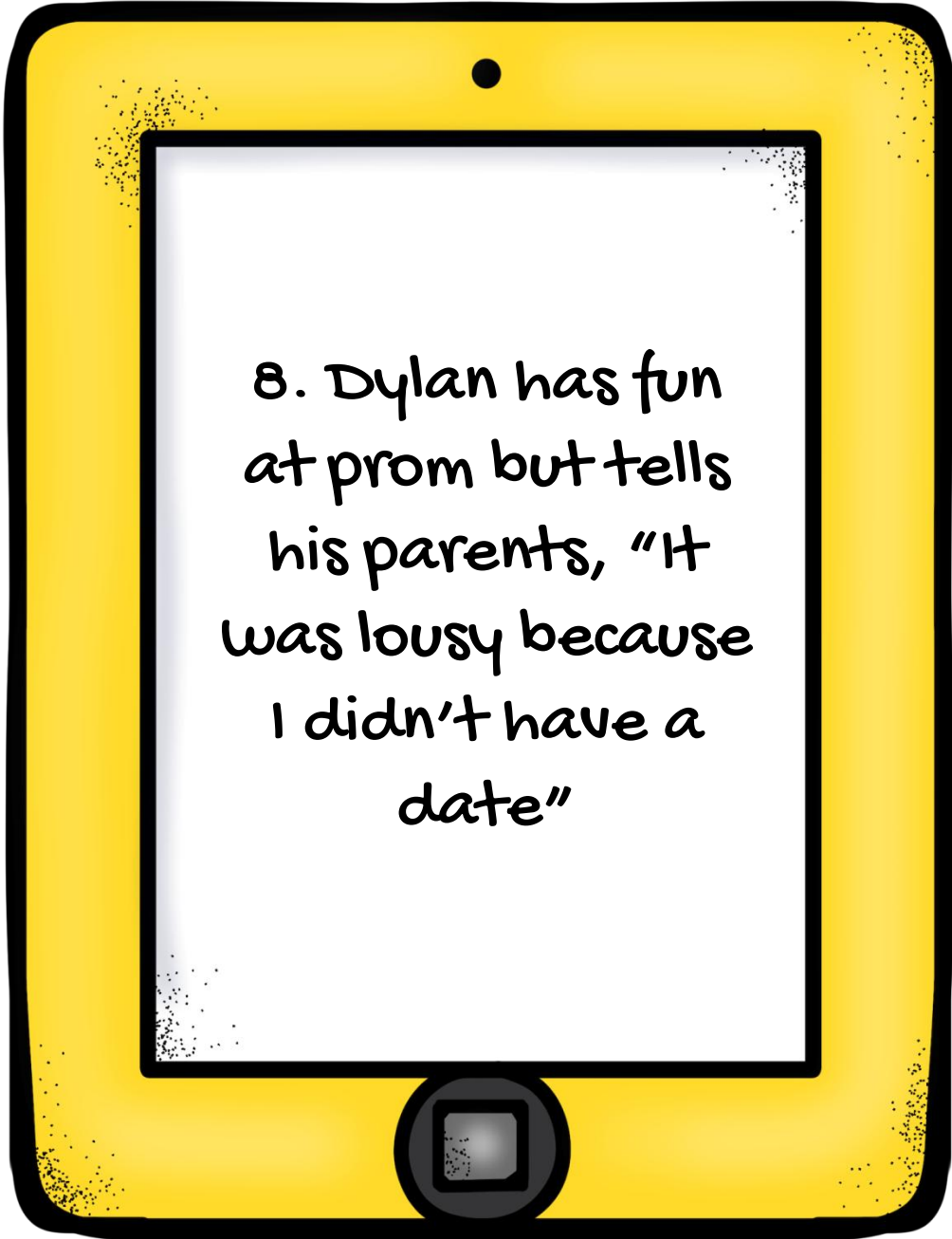4. Ethan tells his girlfriend, "You shouldn't be talking to other guys"

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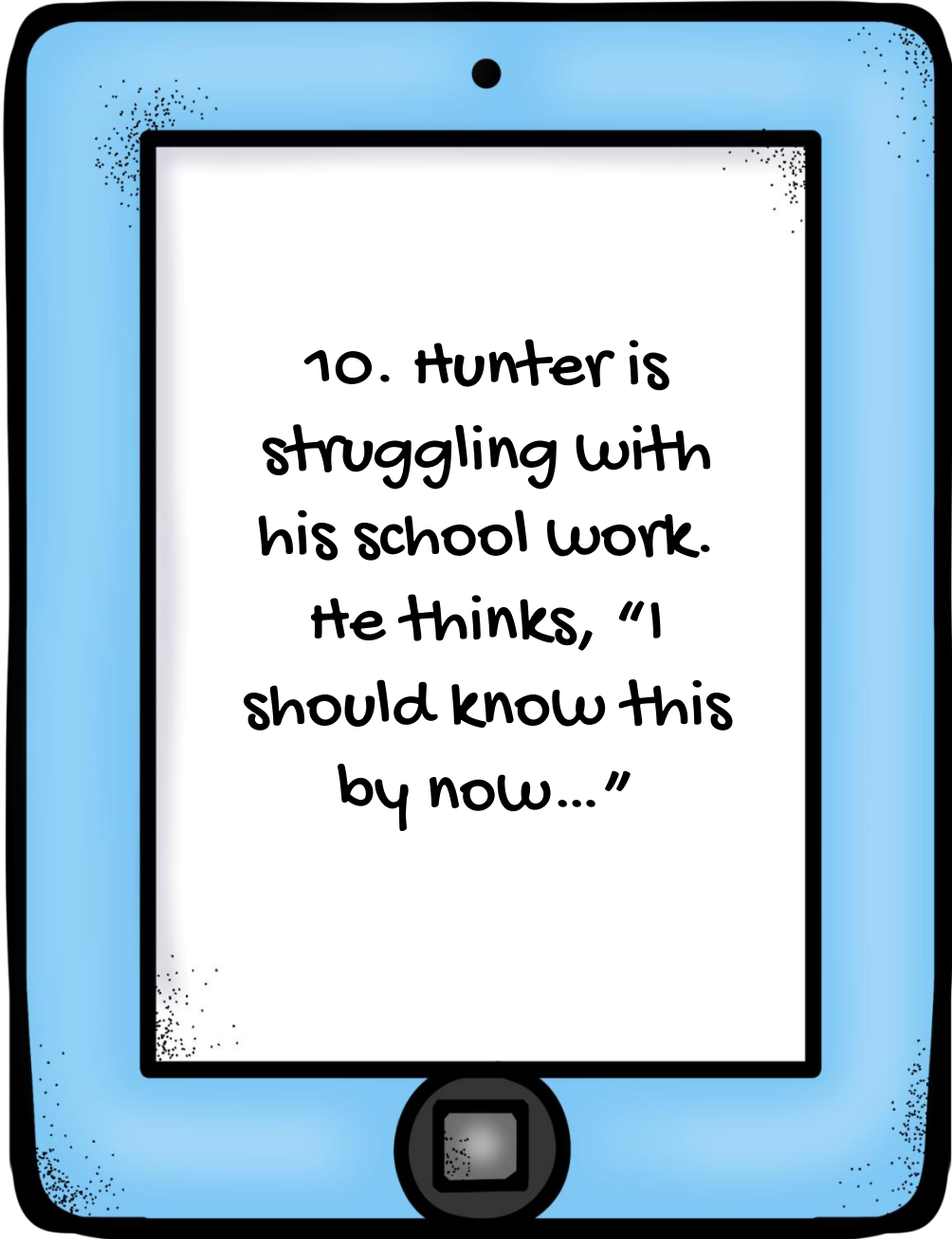6. Jalon feels lonely & unlovable. He thinks, "No one cares about me"

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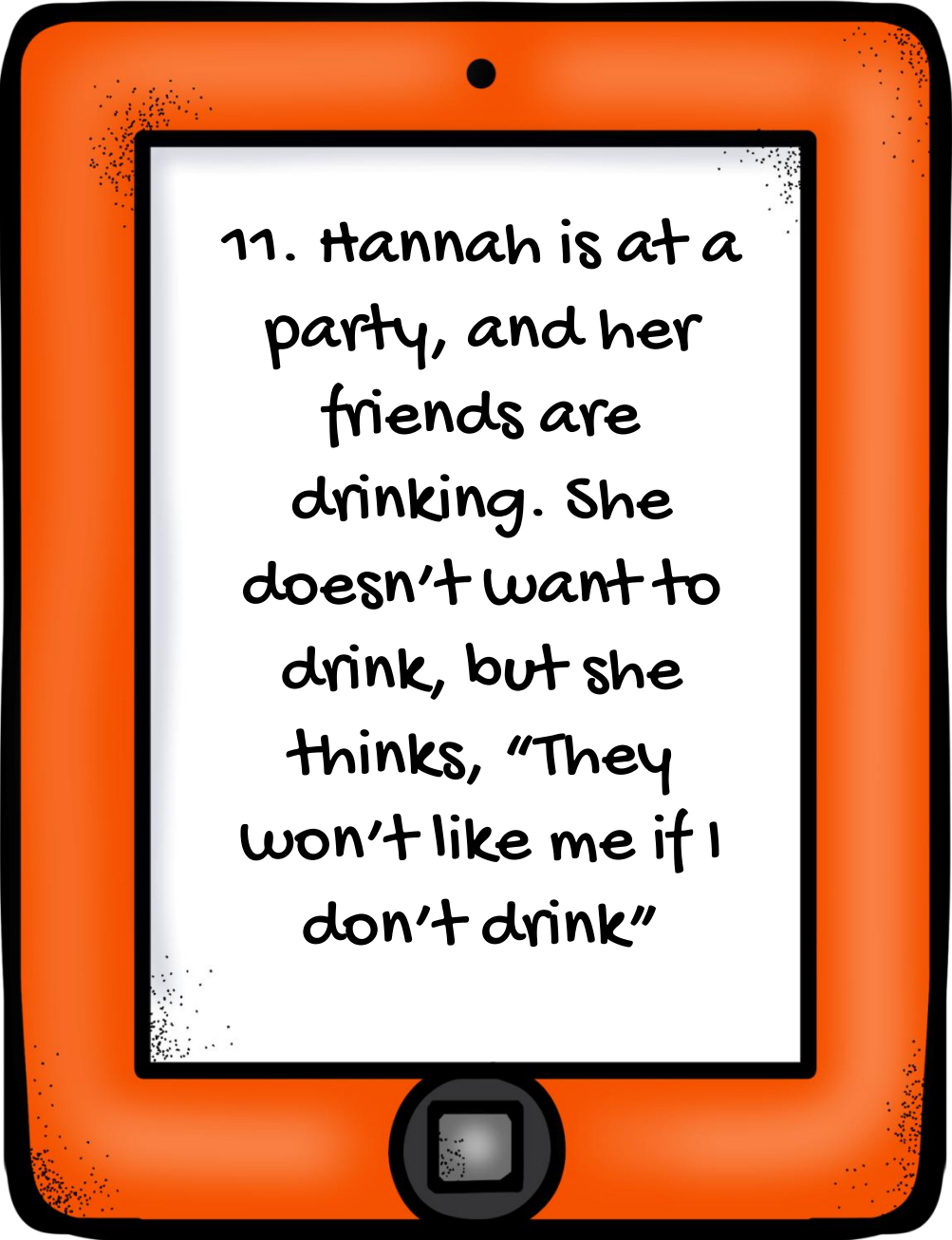
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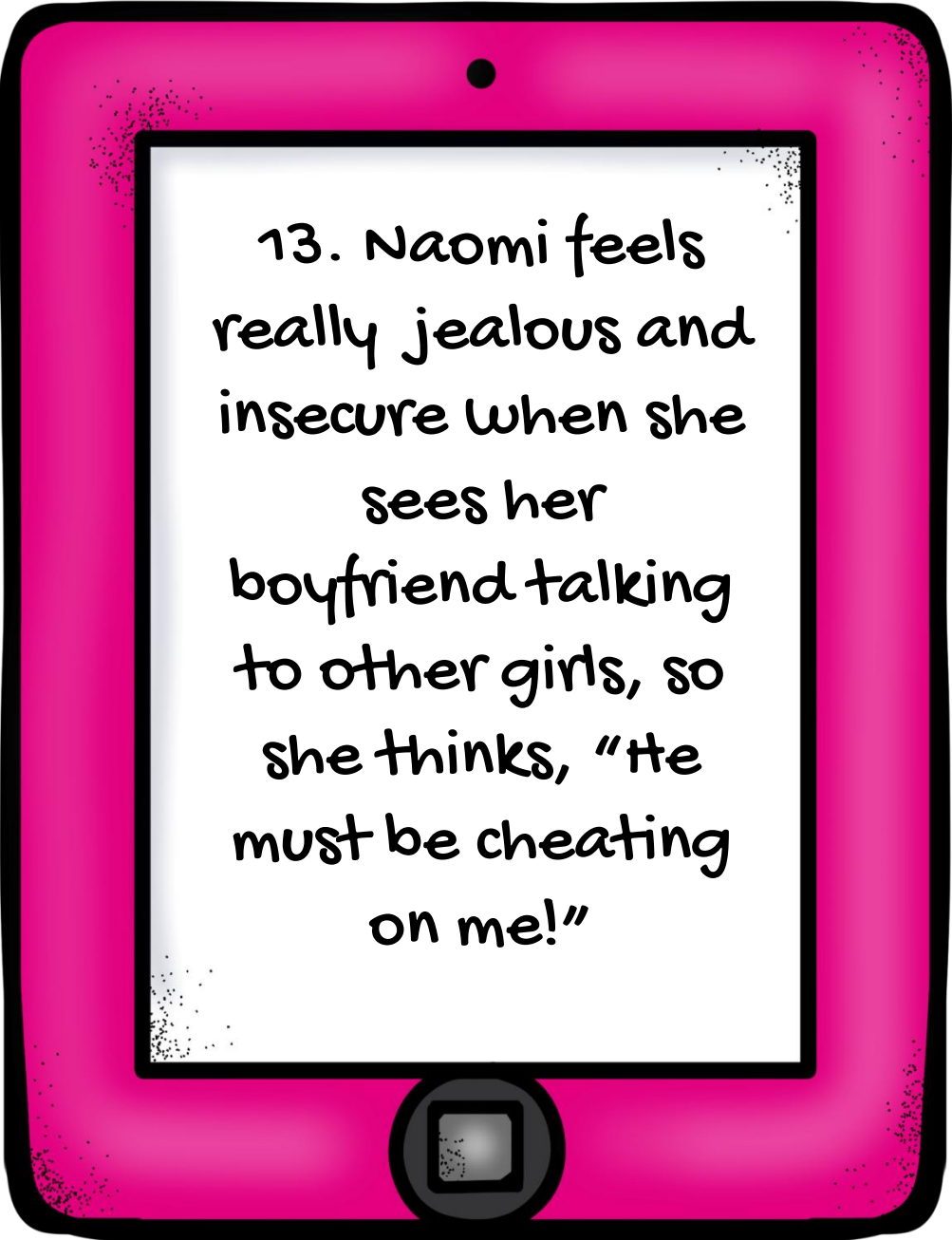
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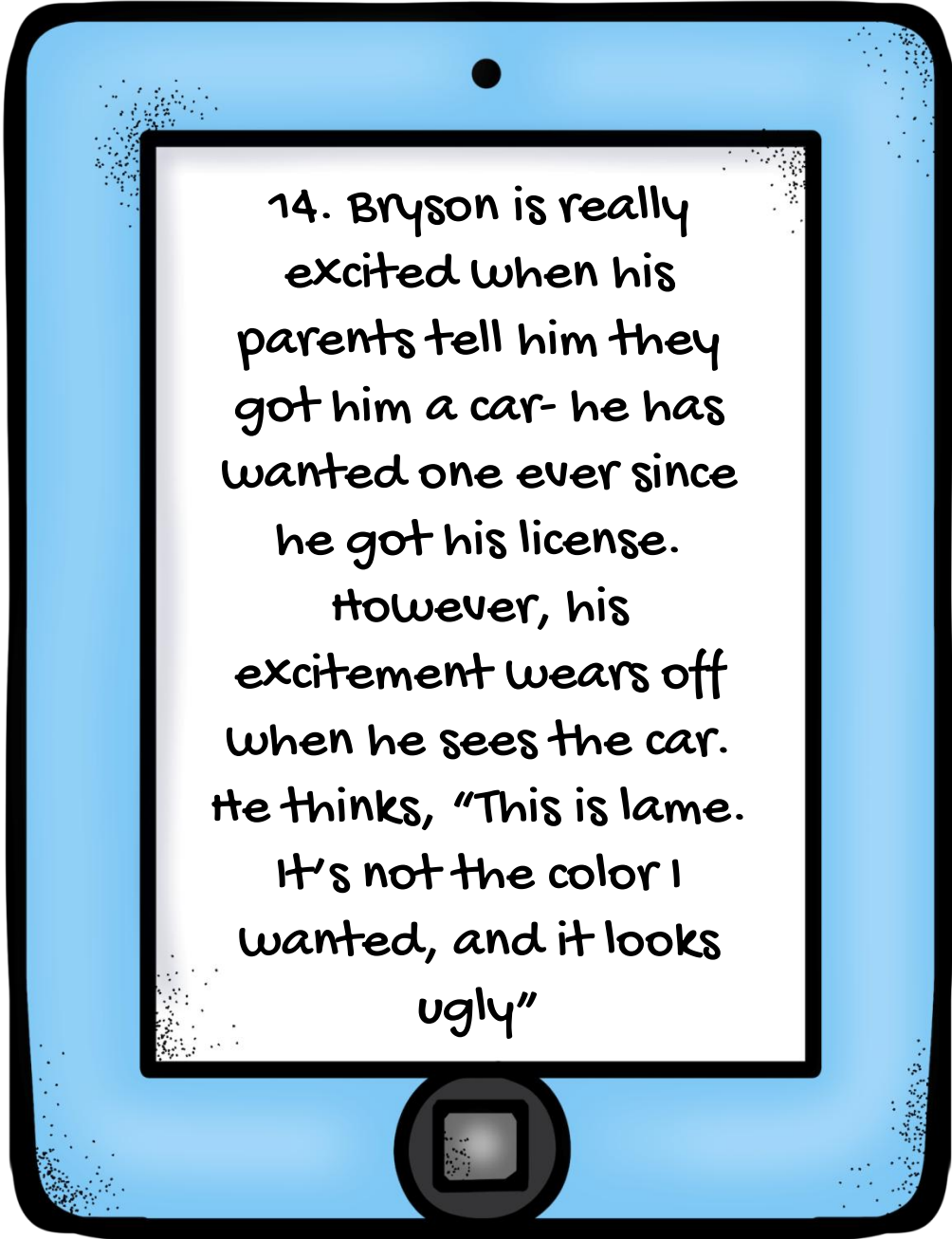
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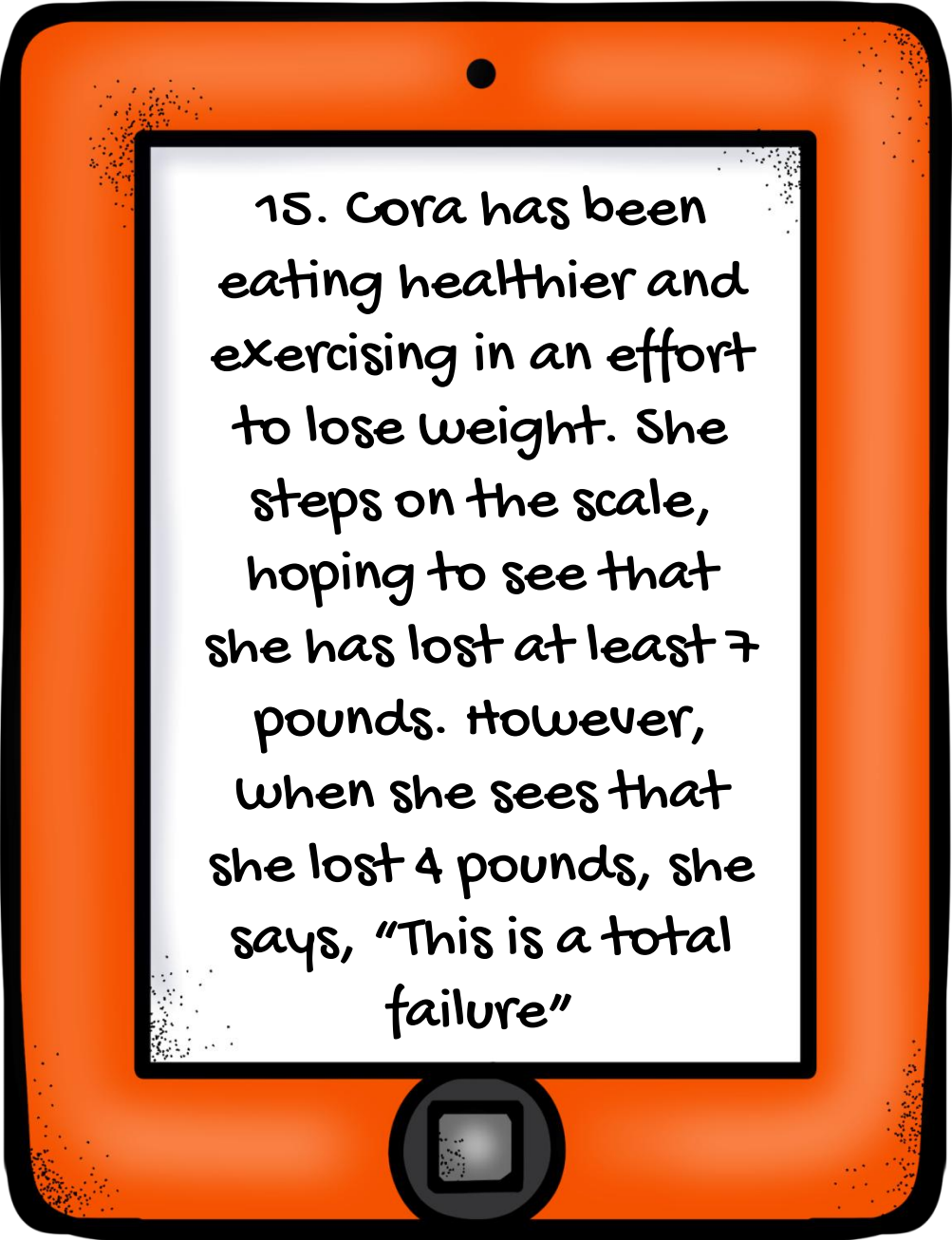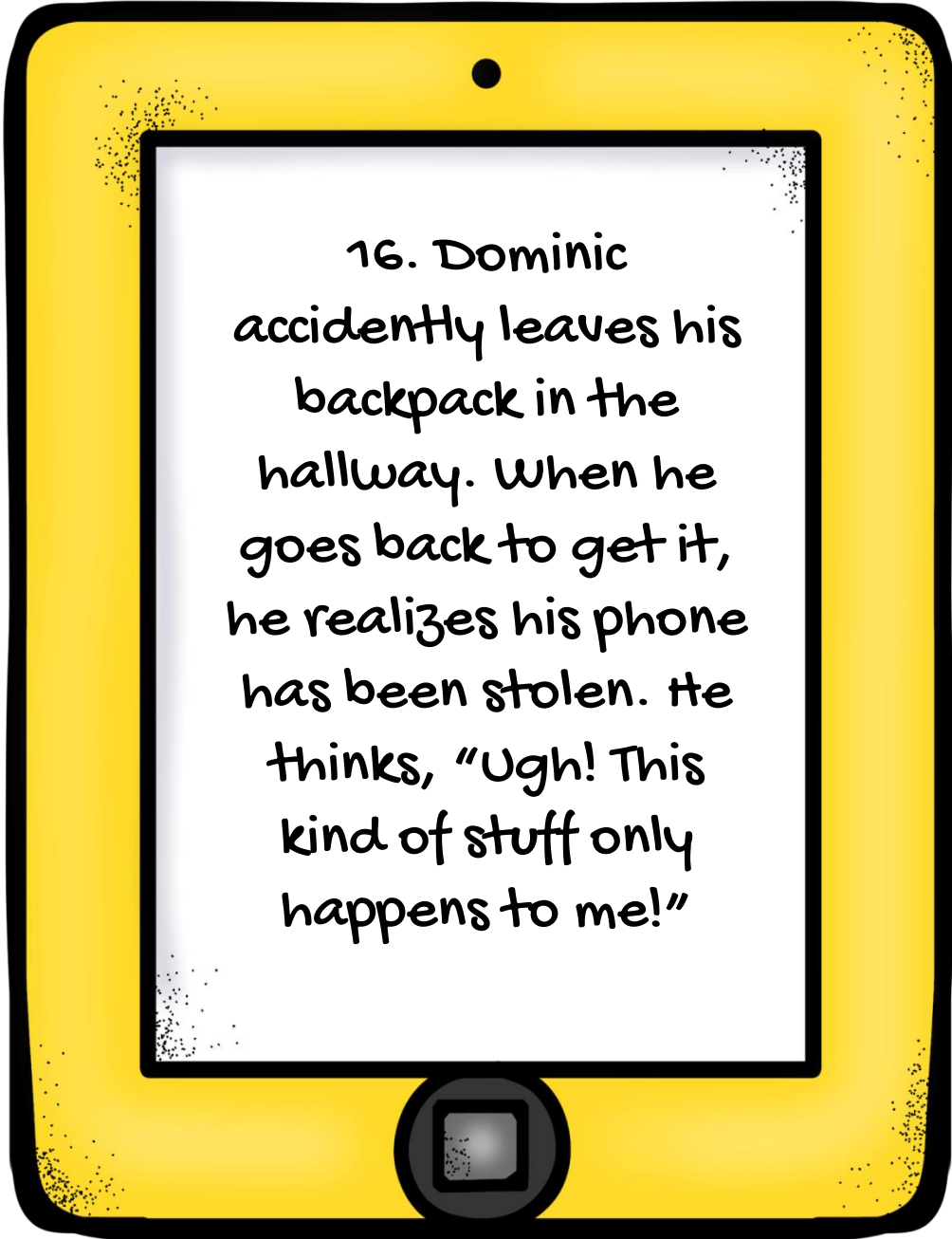
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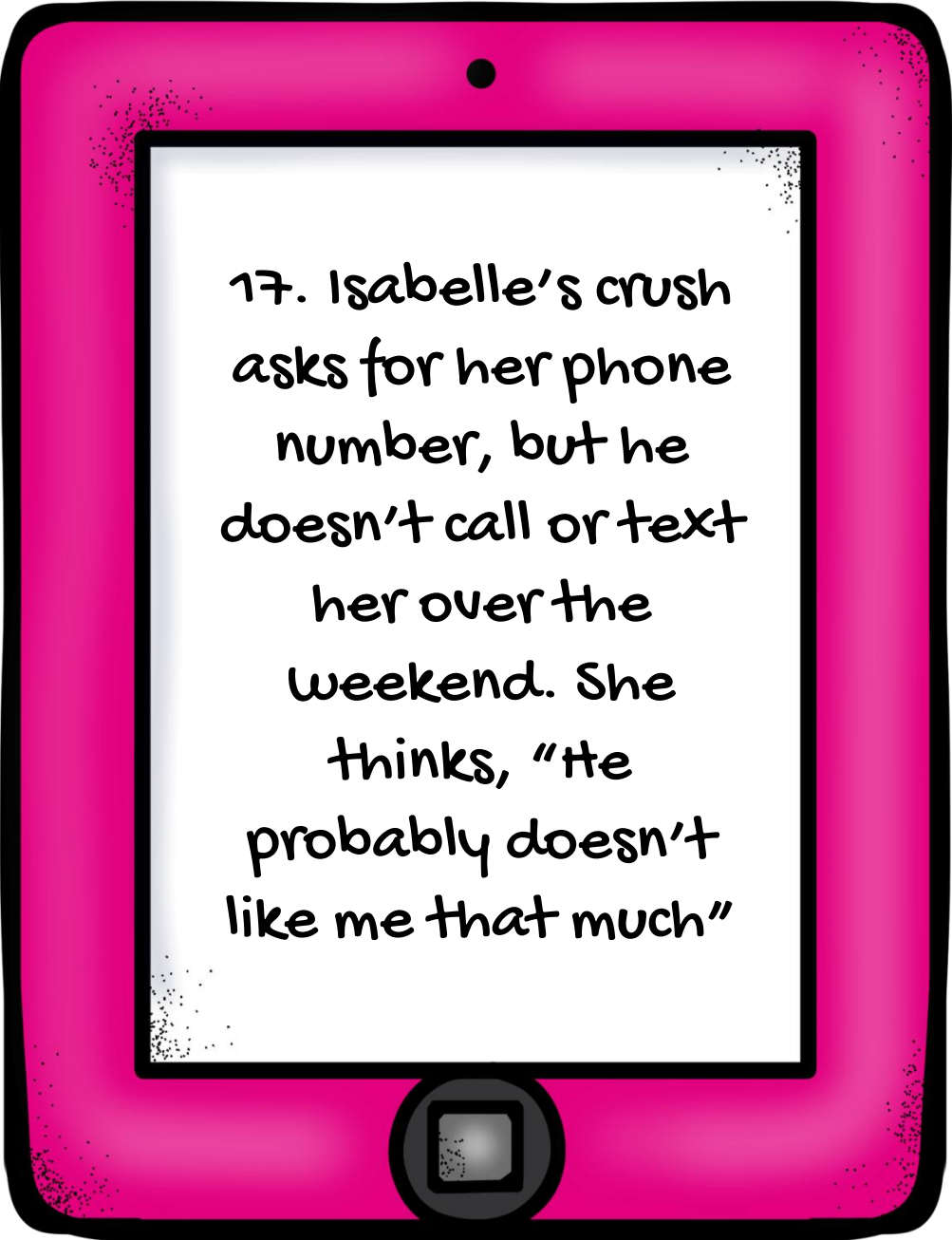
14. Bryson is really excited when his parents tell him they got him a car- he has wanted one ever since he got his license. However, his excitement wears off when he sees the car. He thinks, "This is lame. It's not the color I wanted, and it looks ugly"

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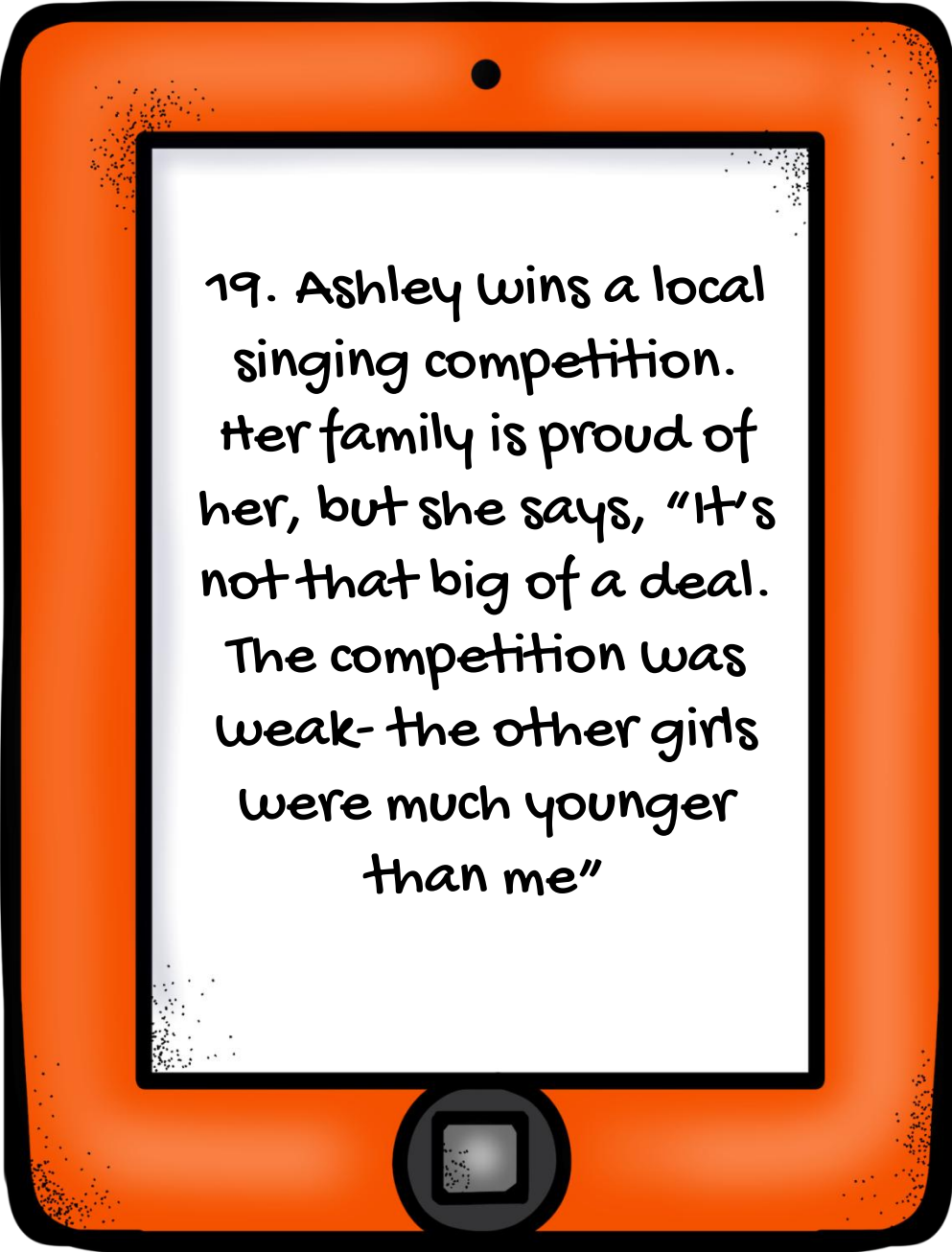
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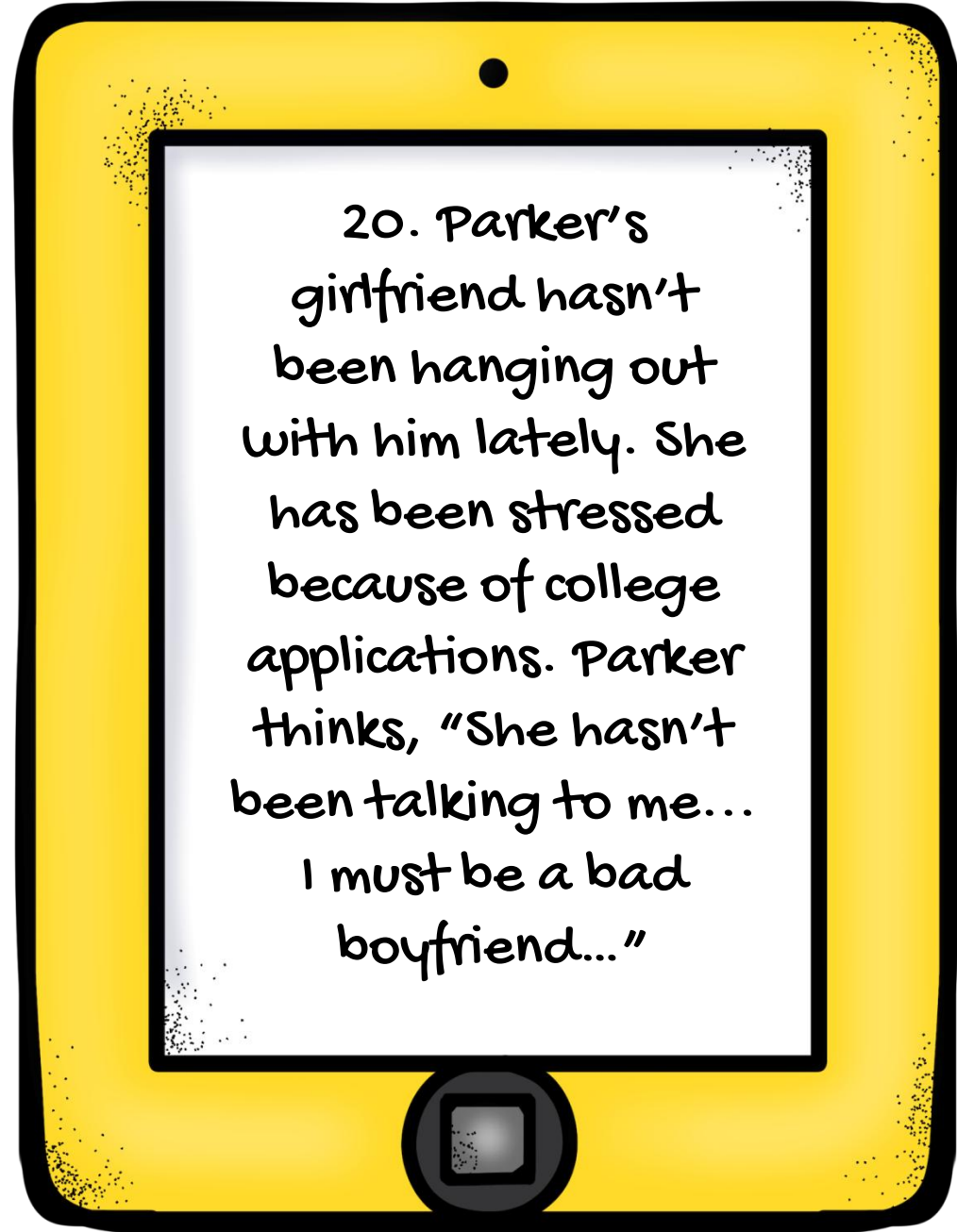
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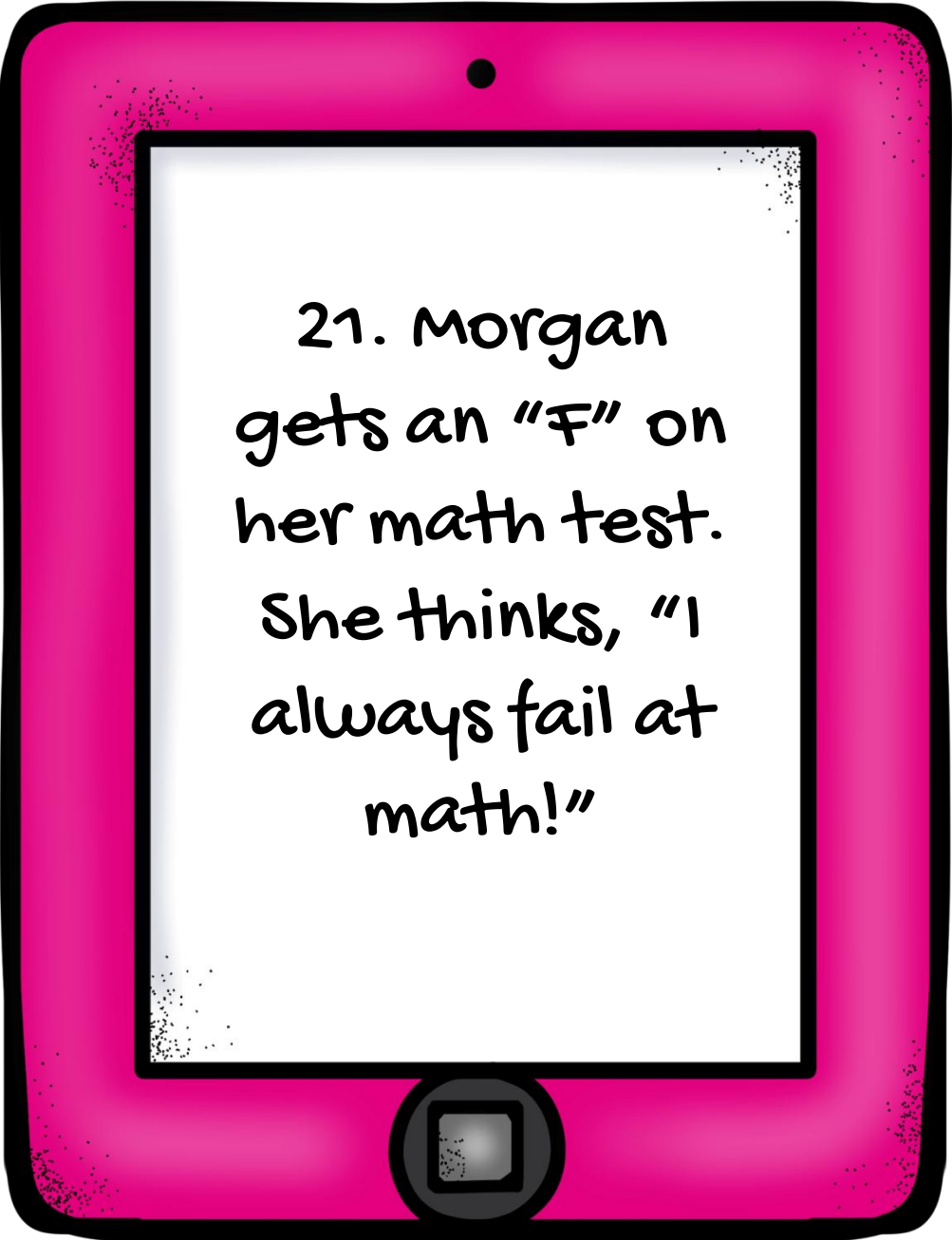
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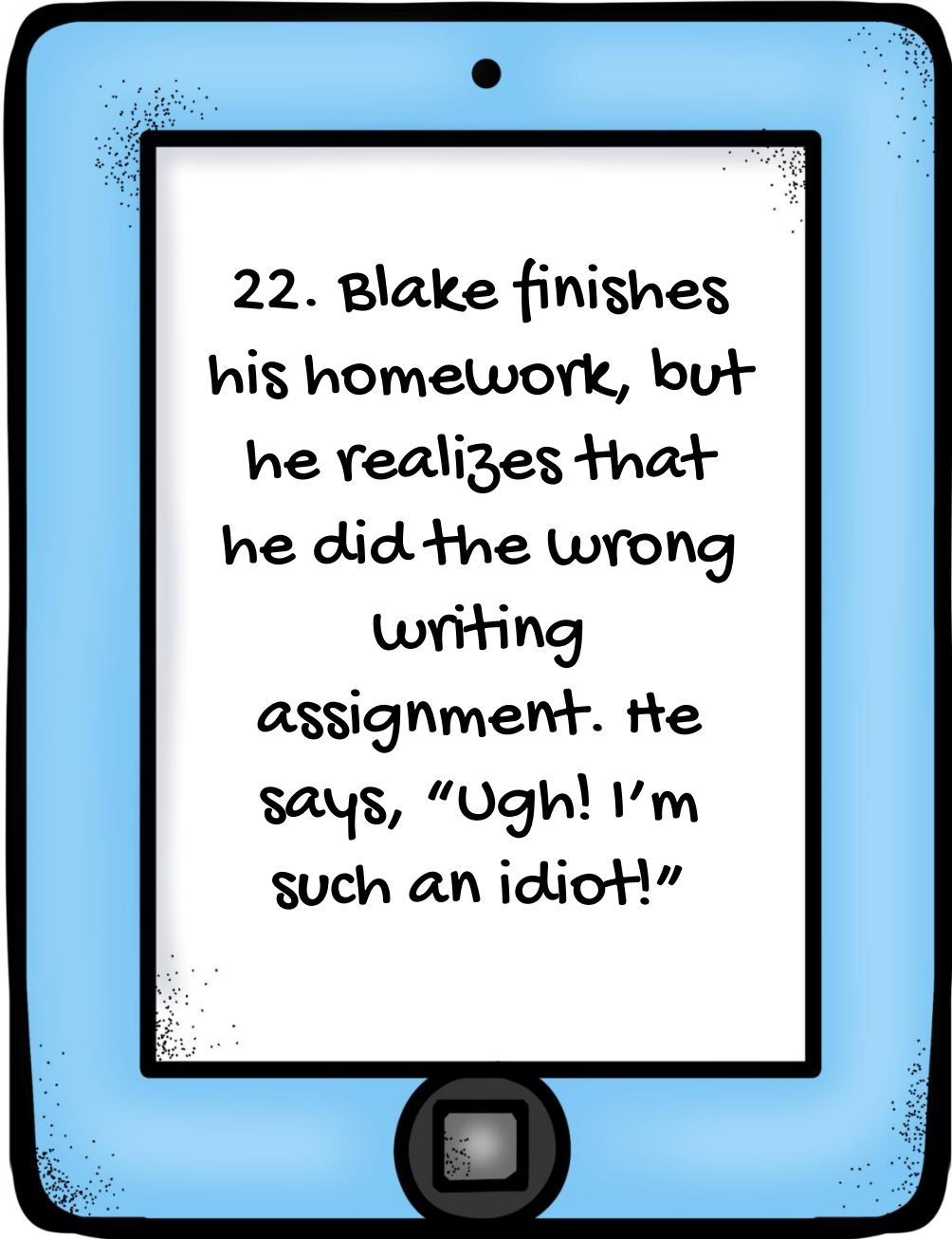
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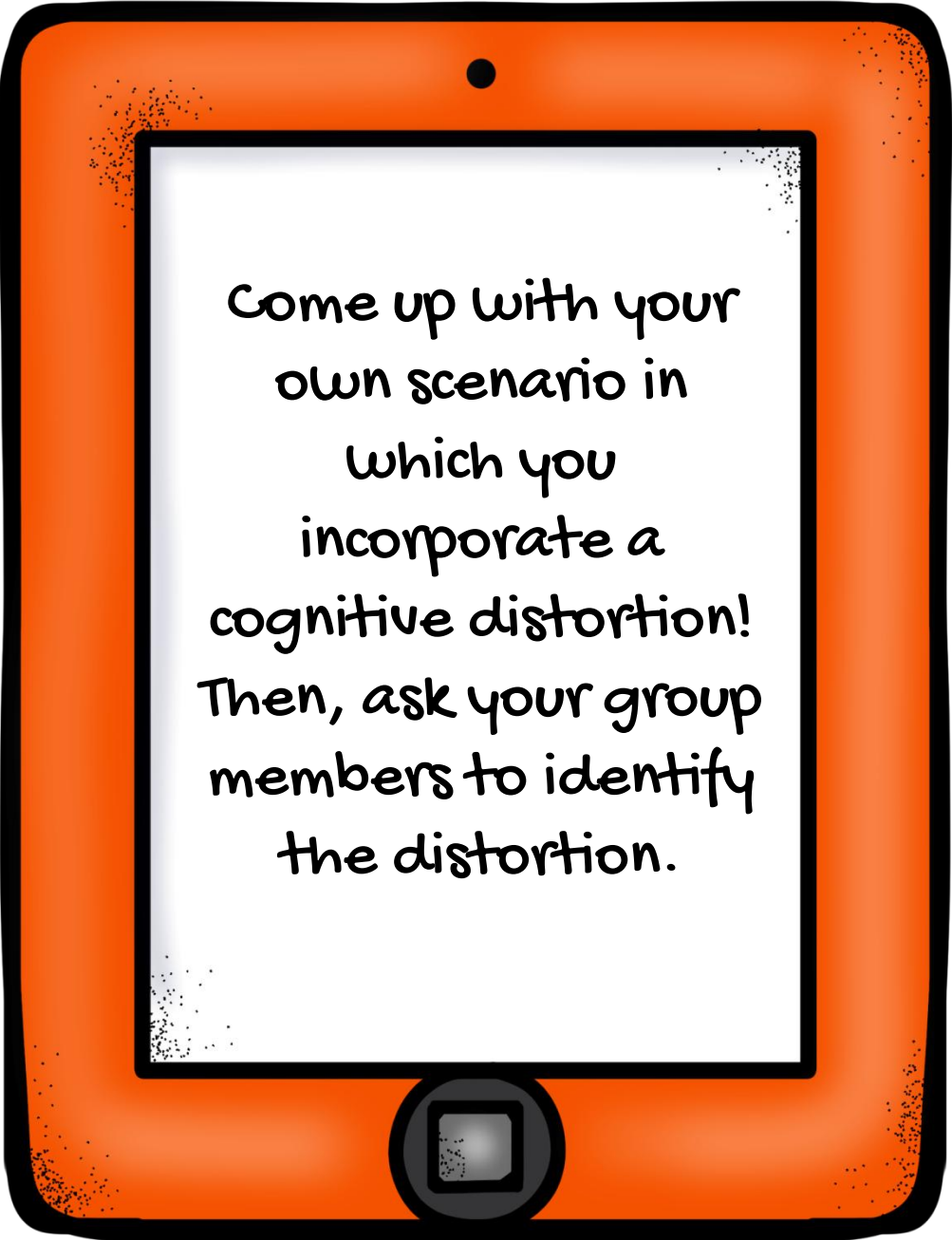
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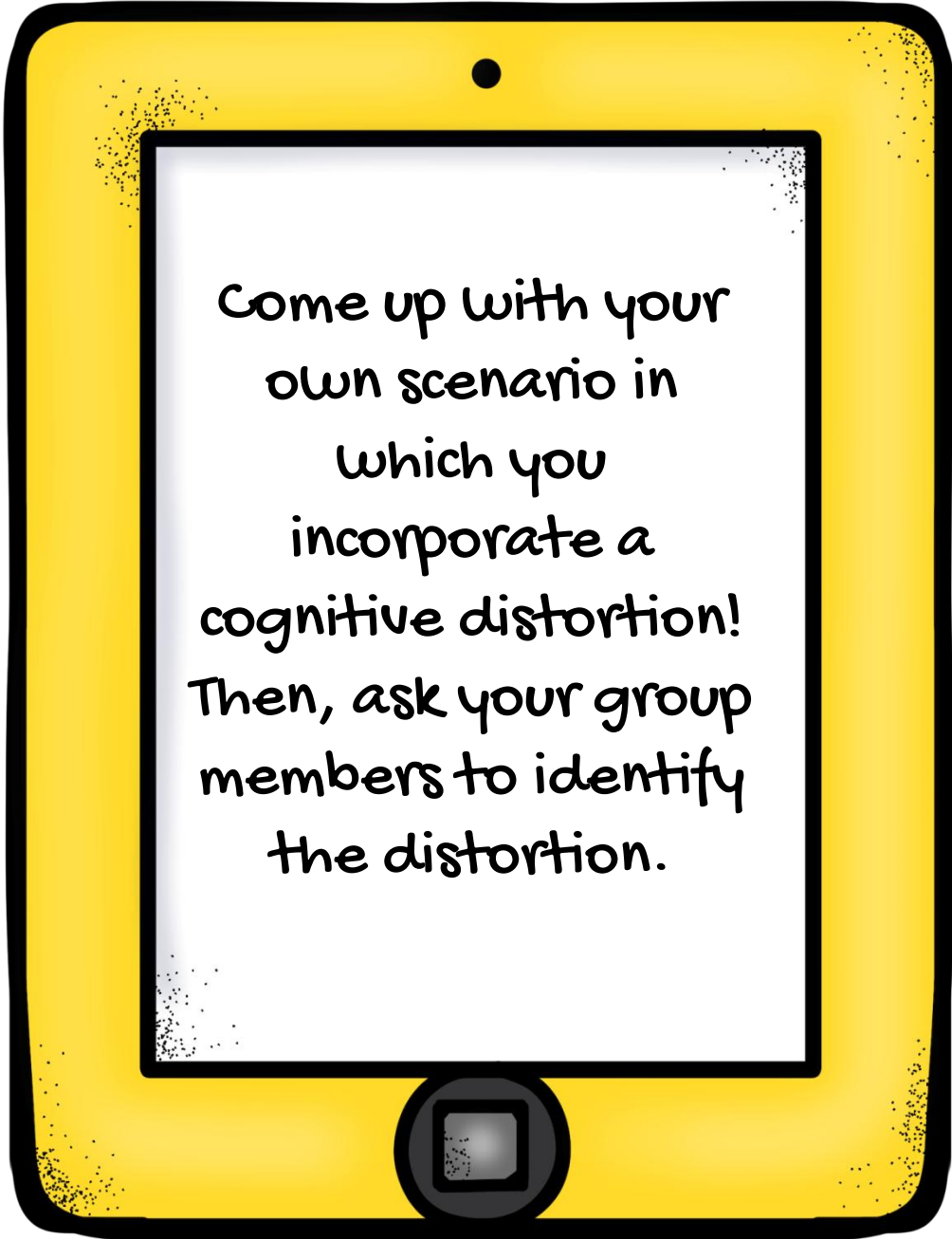
21. Morgan gets an "F" on her math test. She thinks, "I always fail at math!"

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

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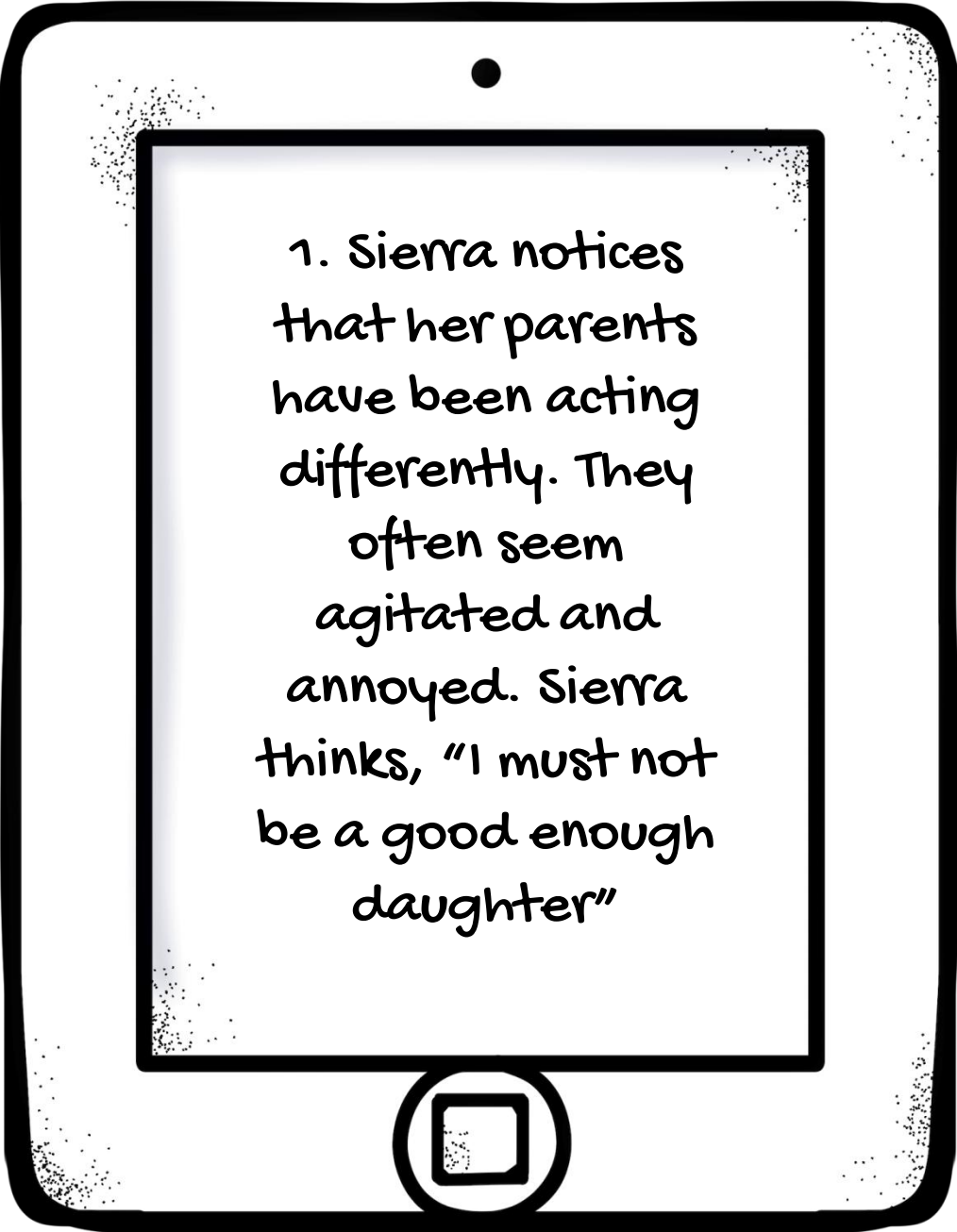Jumping to Conclusions

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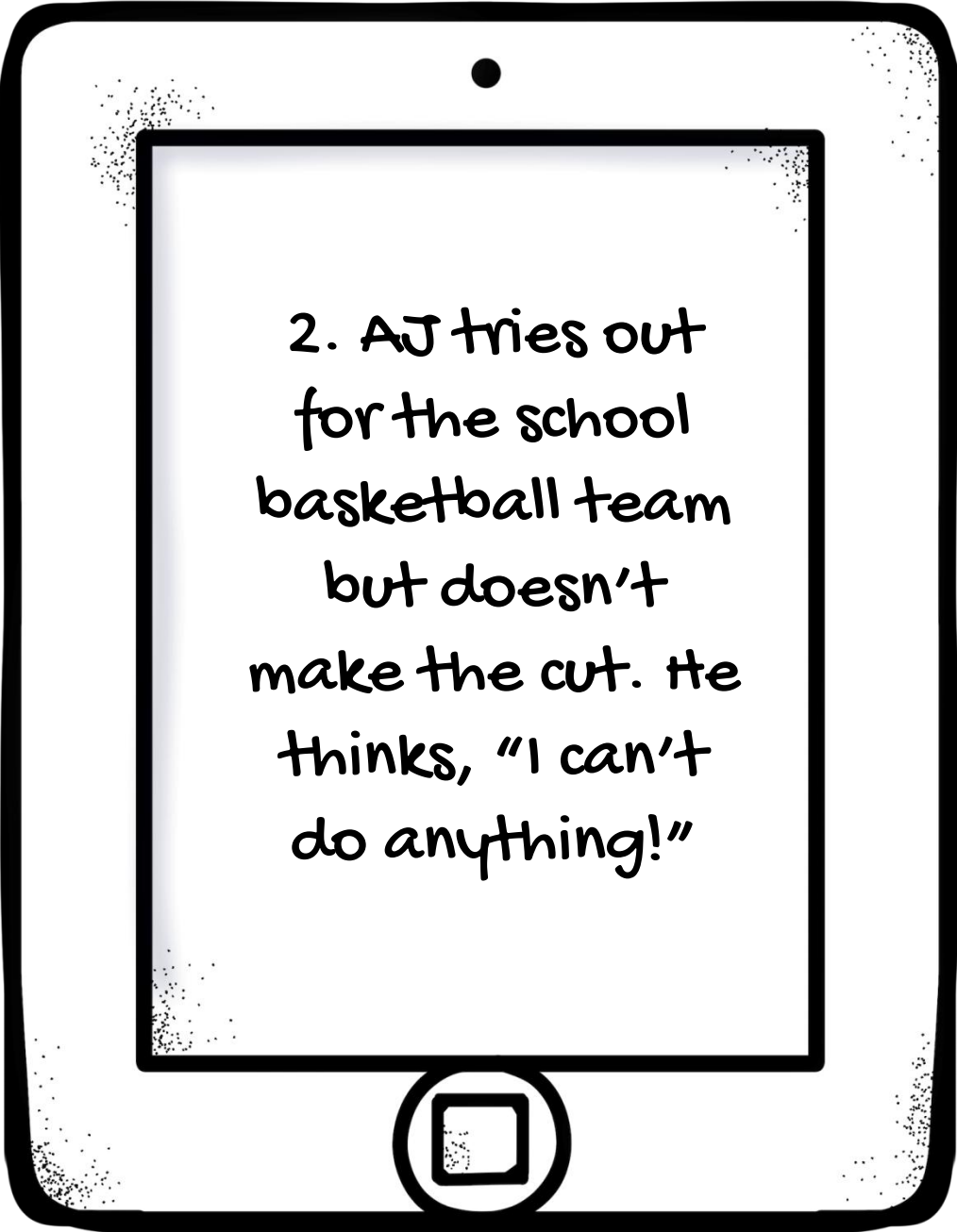
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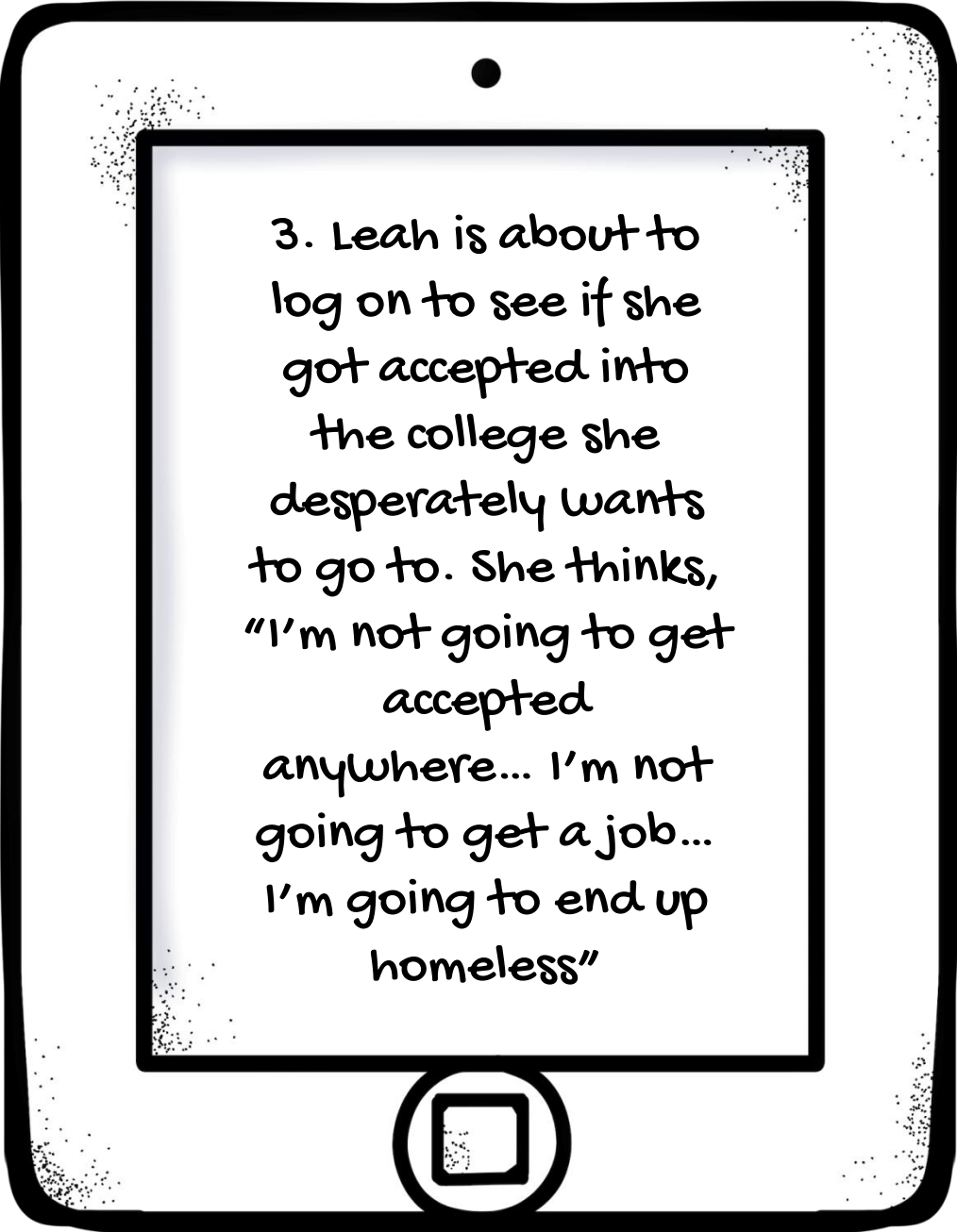
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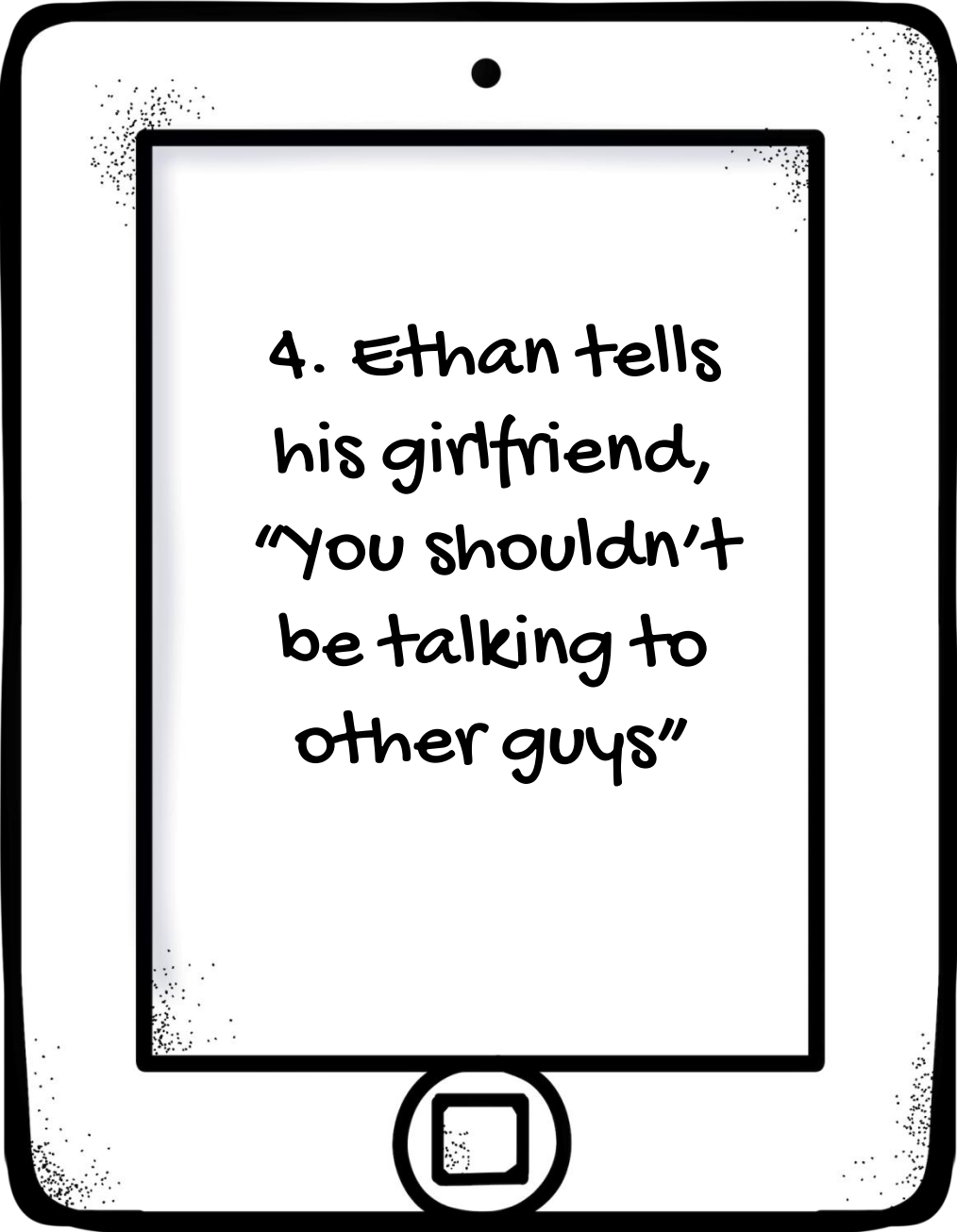
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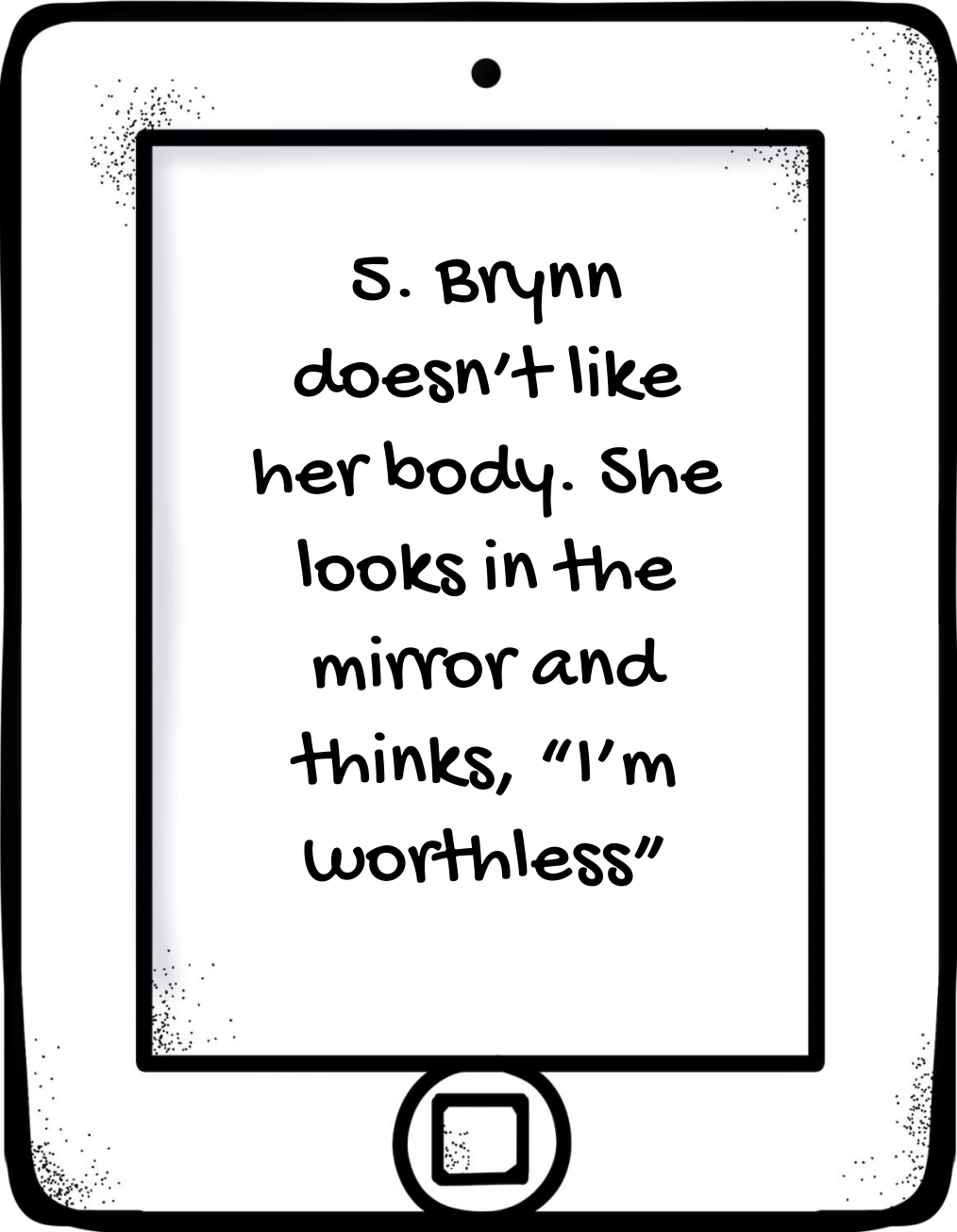
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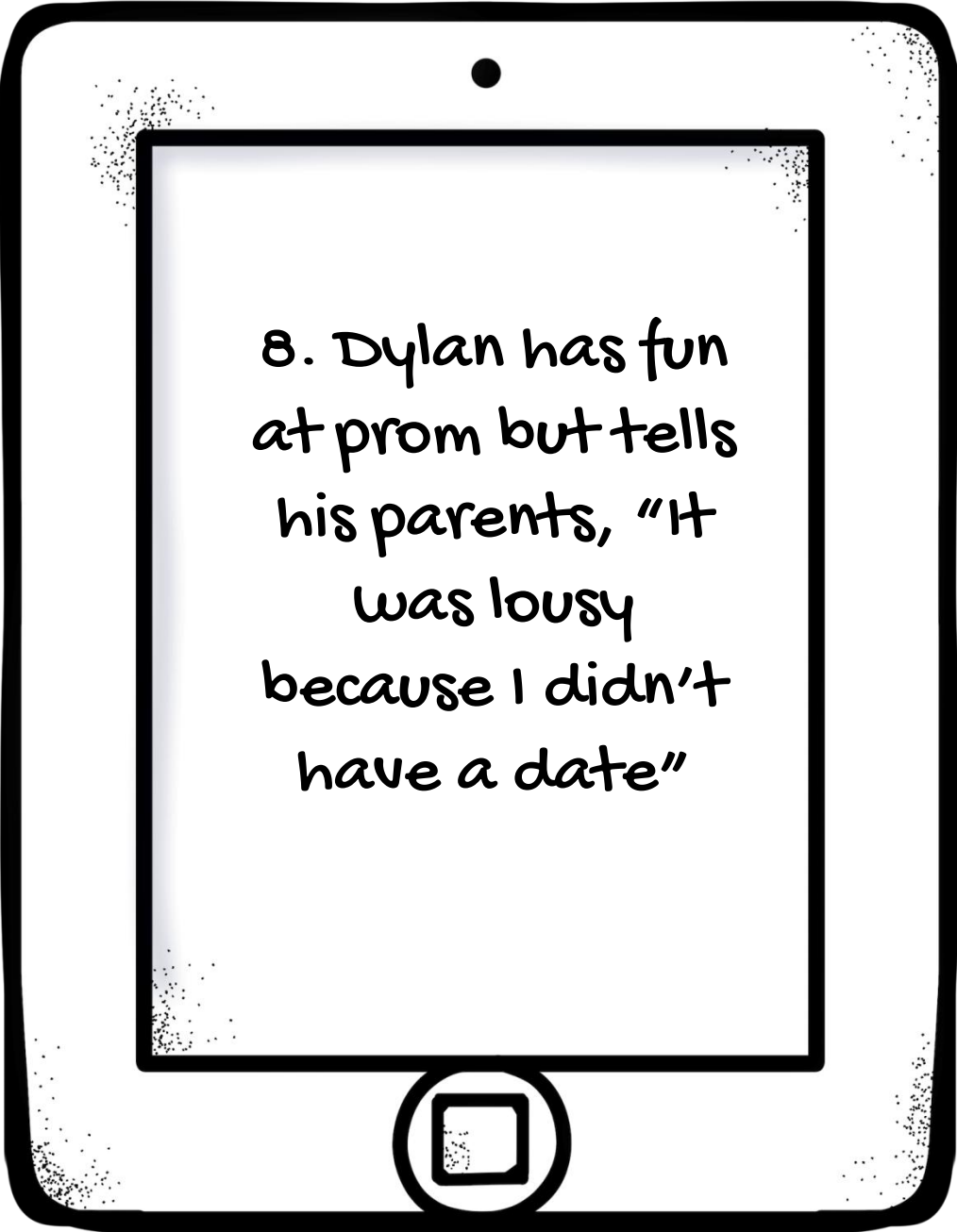
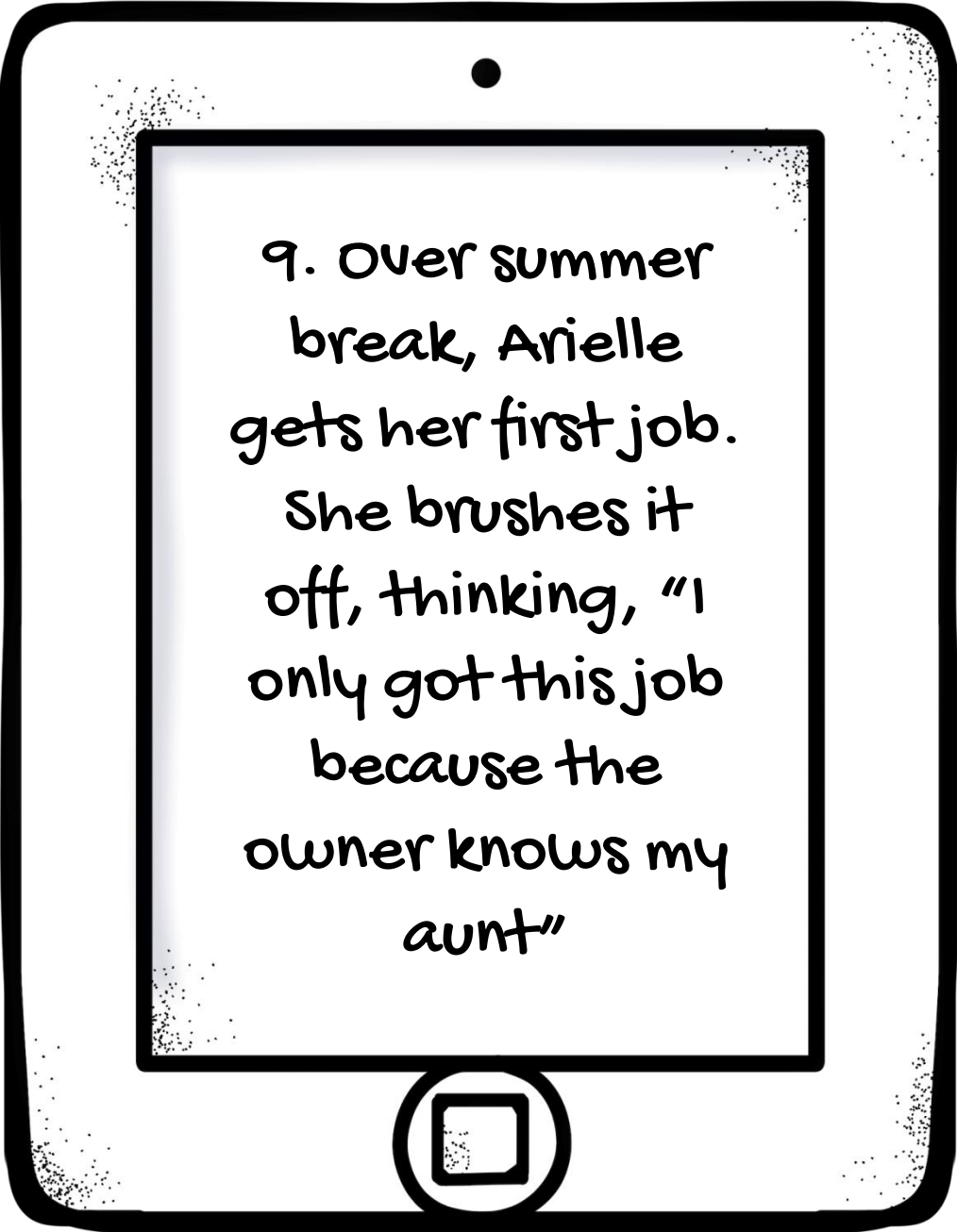5. Brynn doesn't like her body. She looks in the mirror and thinks, "I'm worthless"

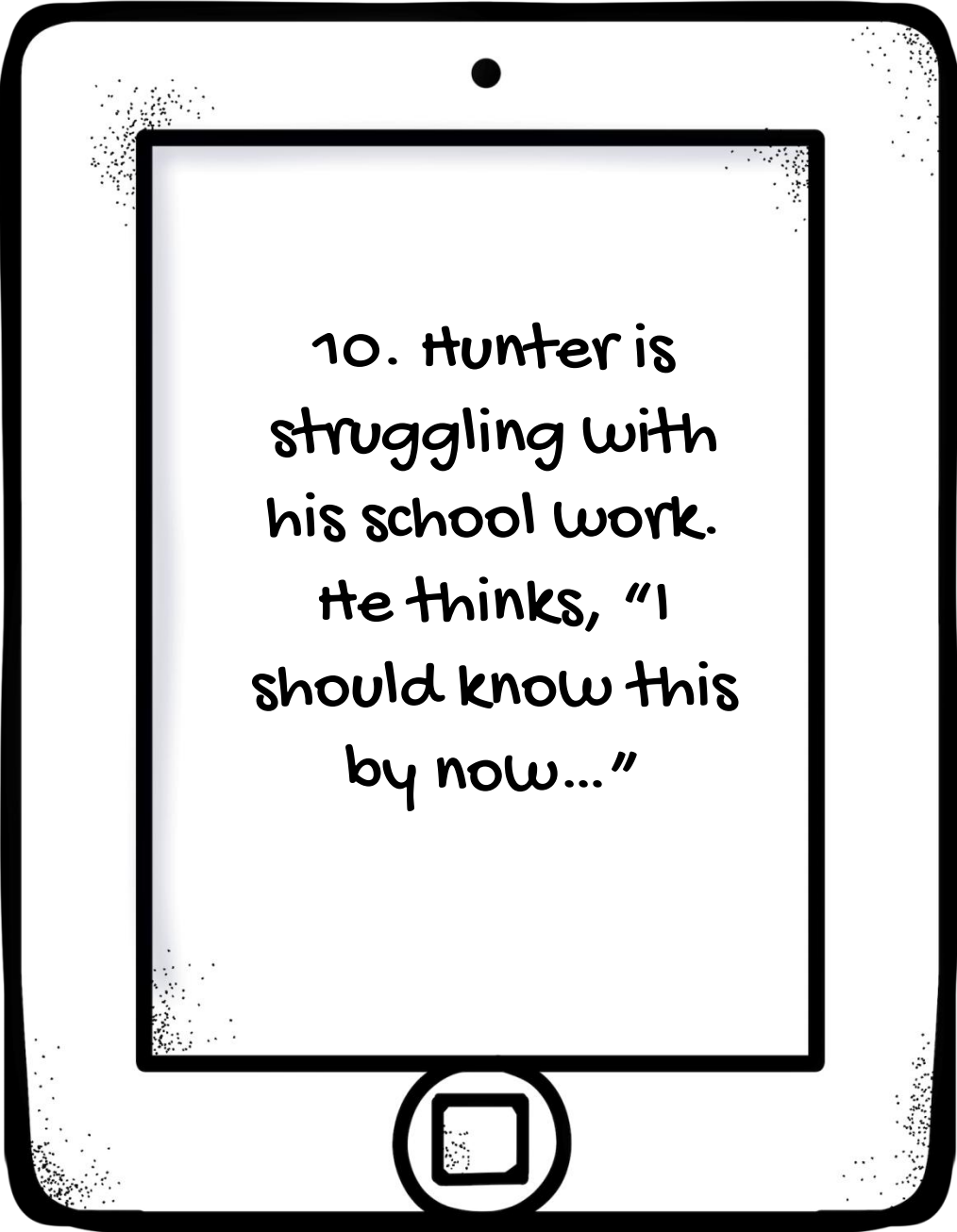6. Jalon feels lonely & unlovable. He thinks, "No one cares about me"

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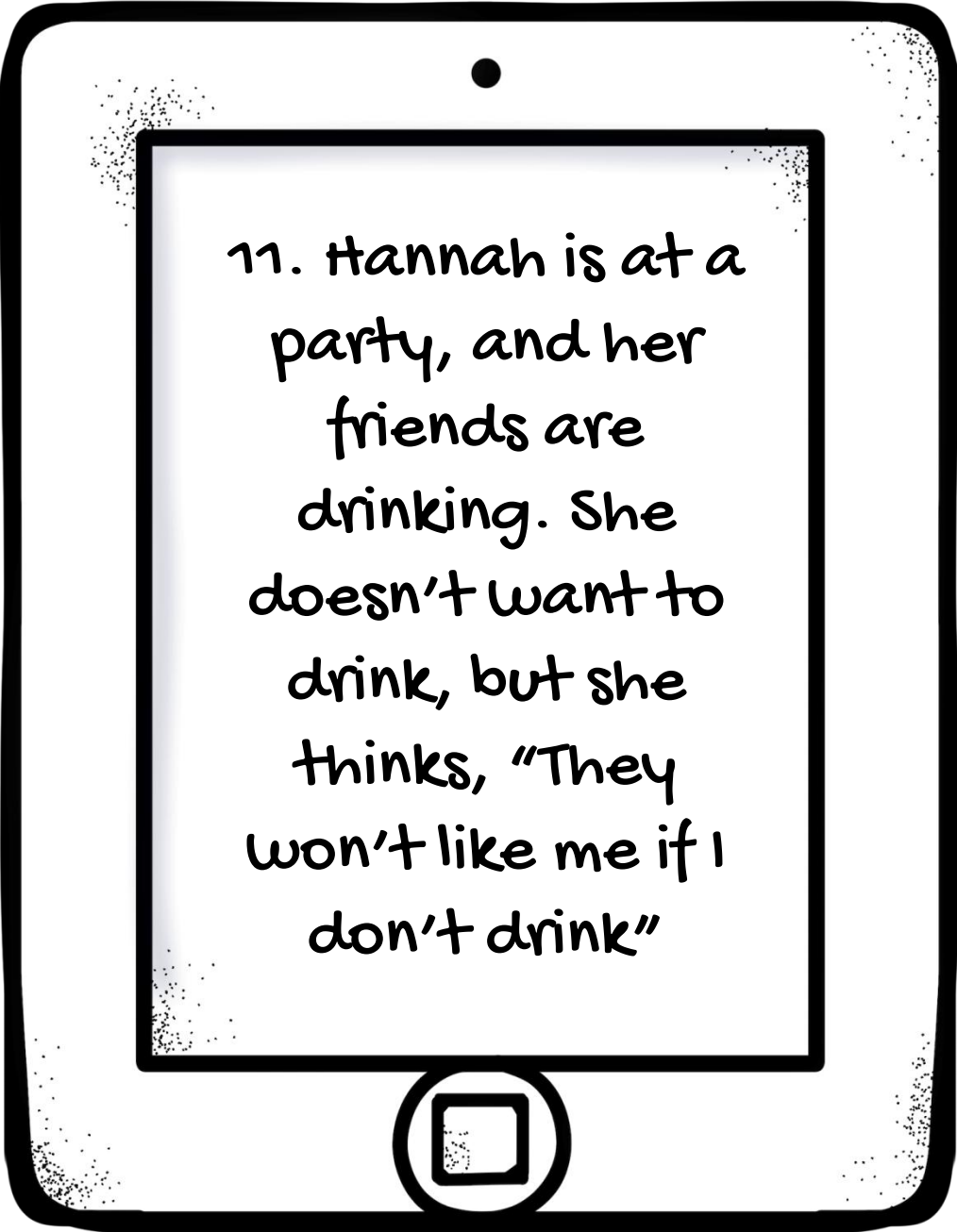
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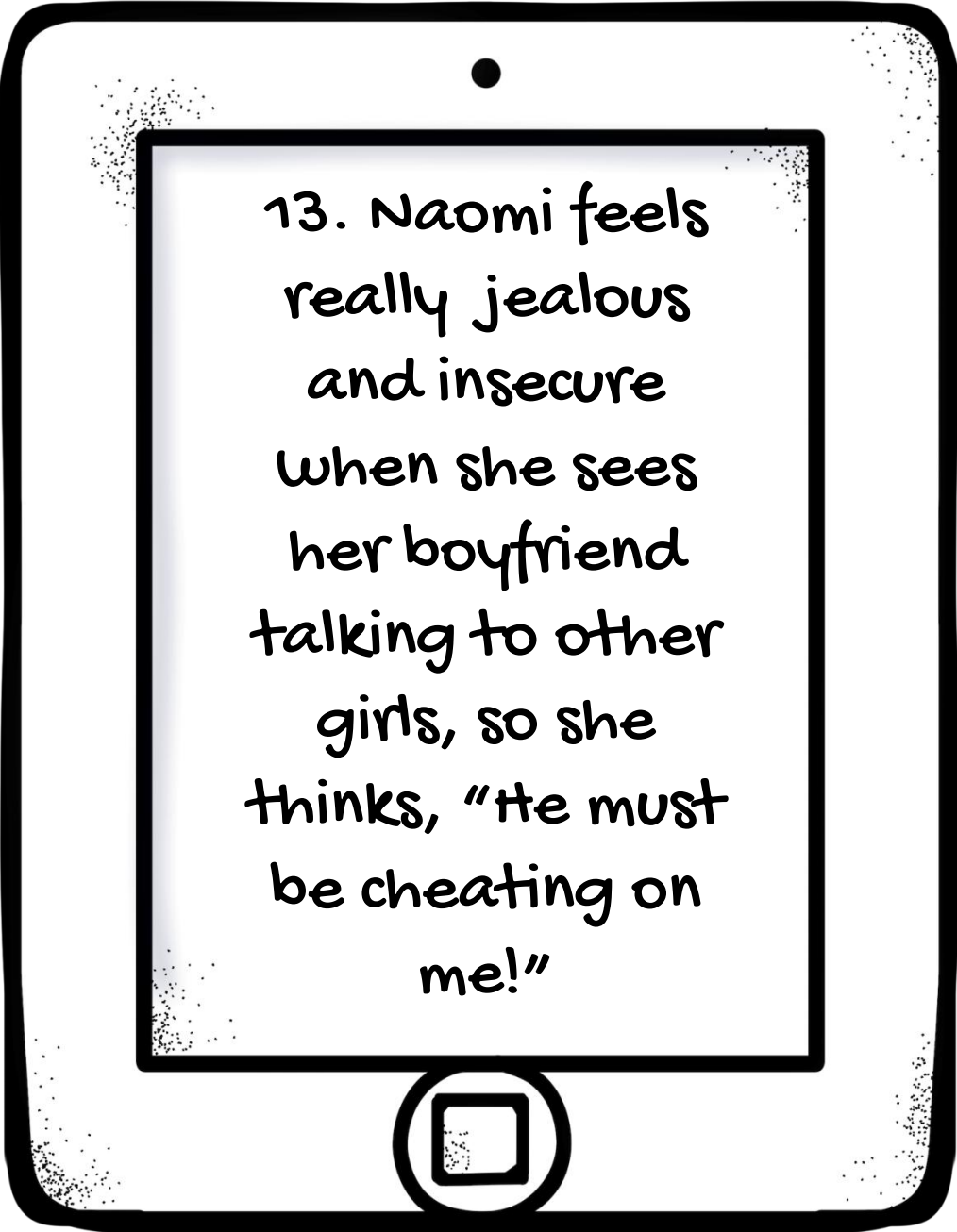10. Hunter is struggling with his school work. He thinks, "I should know this by now..."
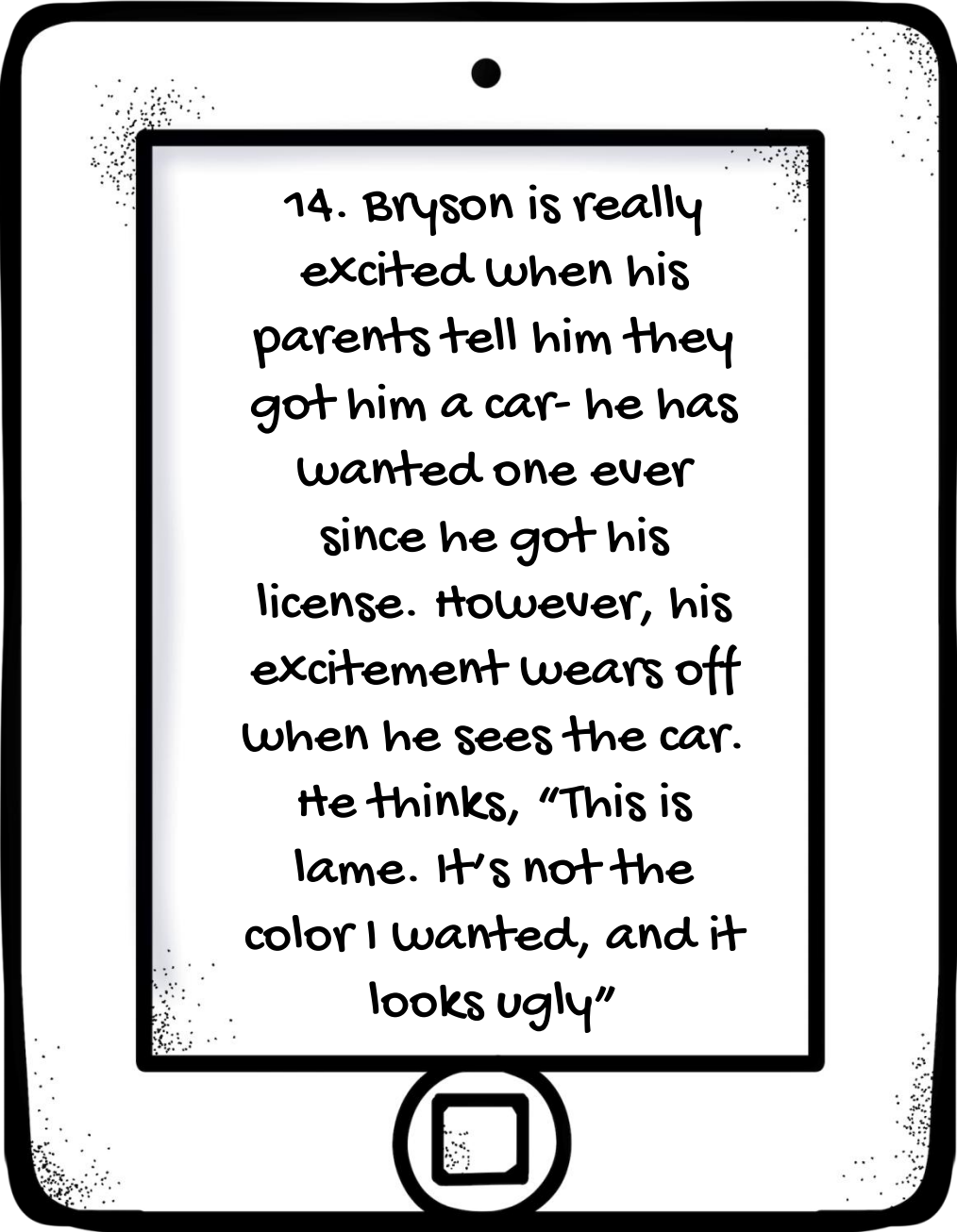
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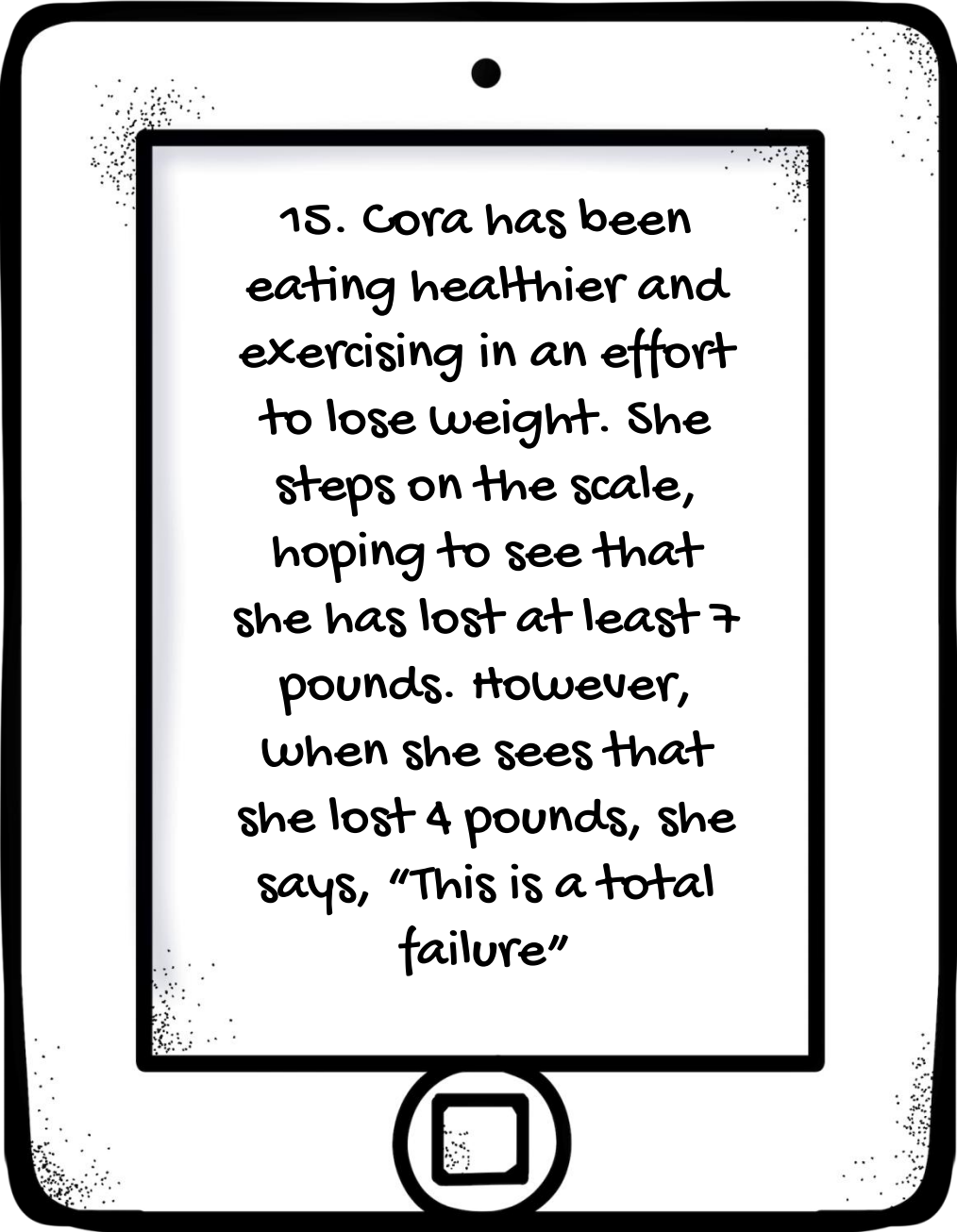
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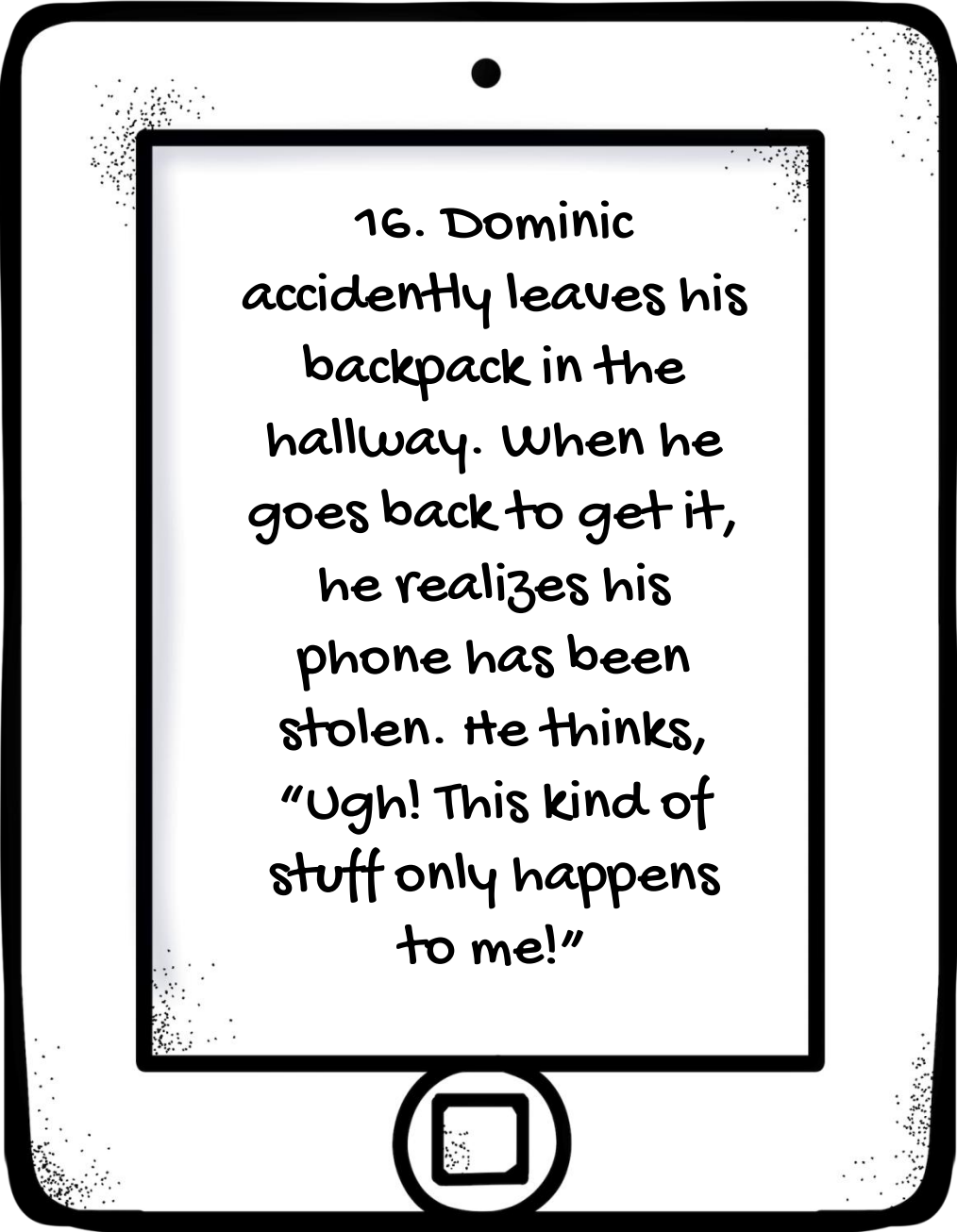
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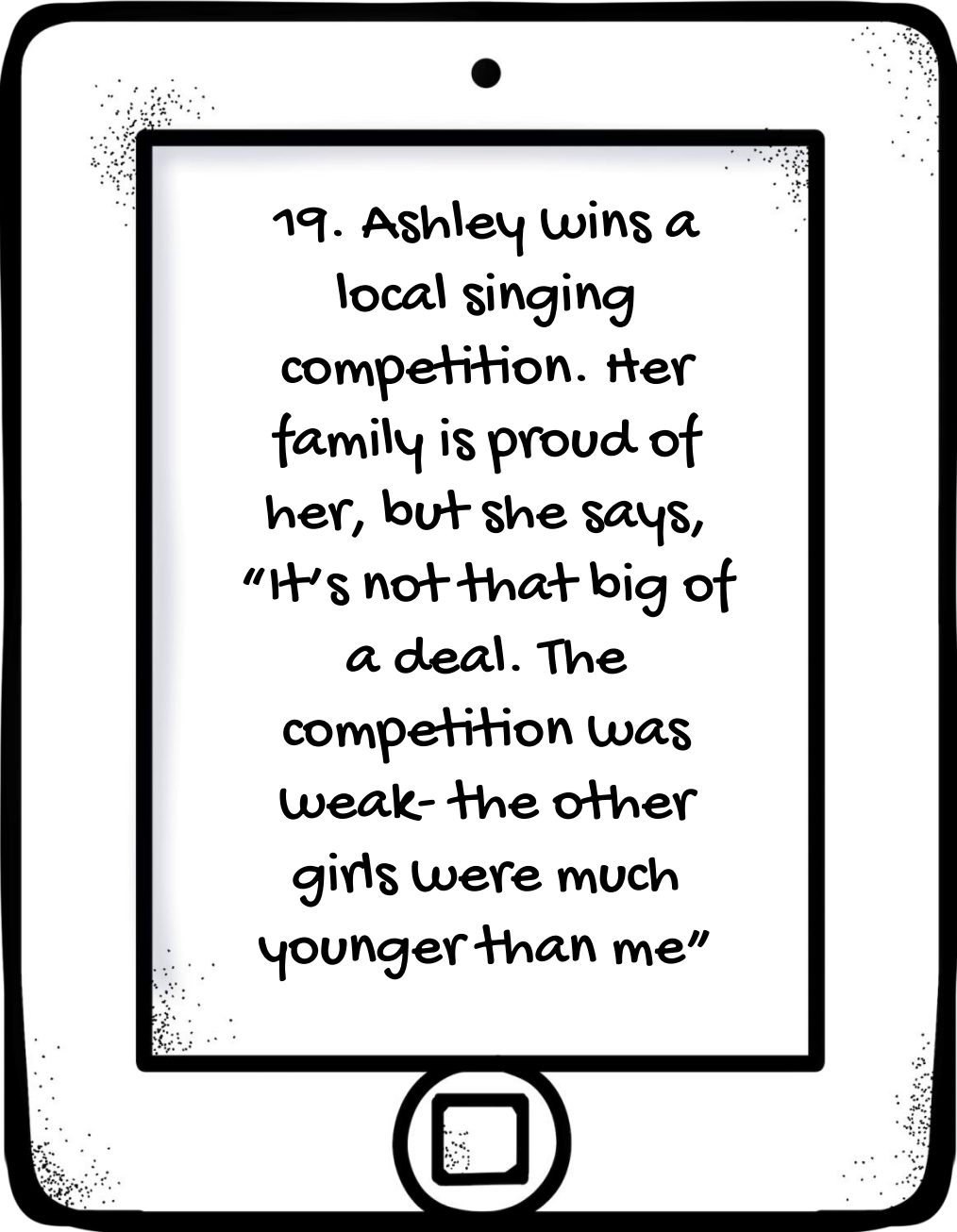17. Isabelle's crush asks for her phone number, but he doesn't call or text her over the weekend. She thinks, "He probably doesn't like me that much"

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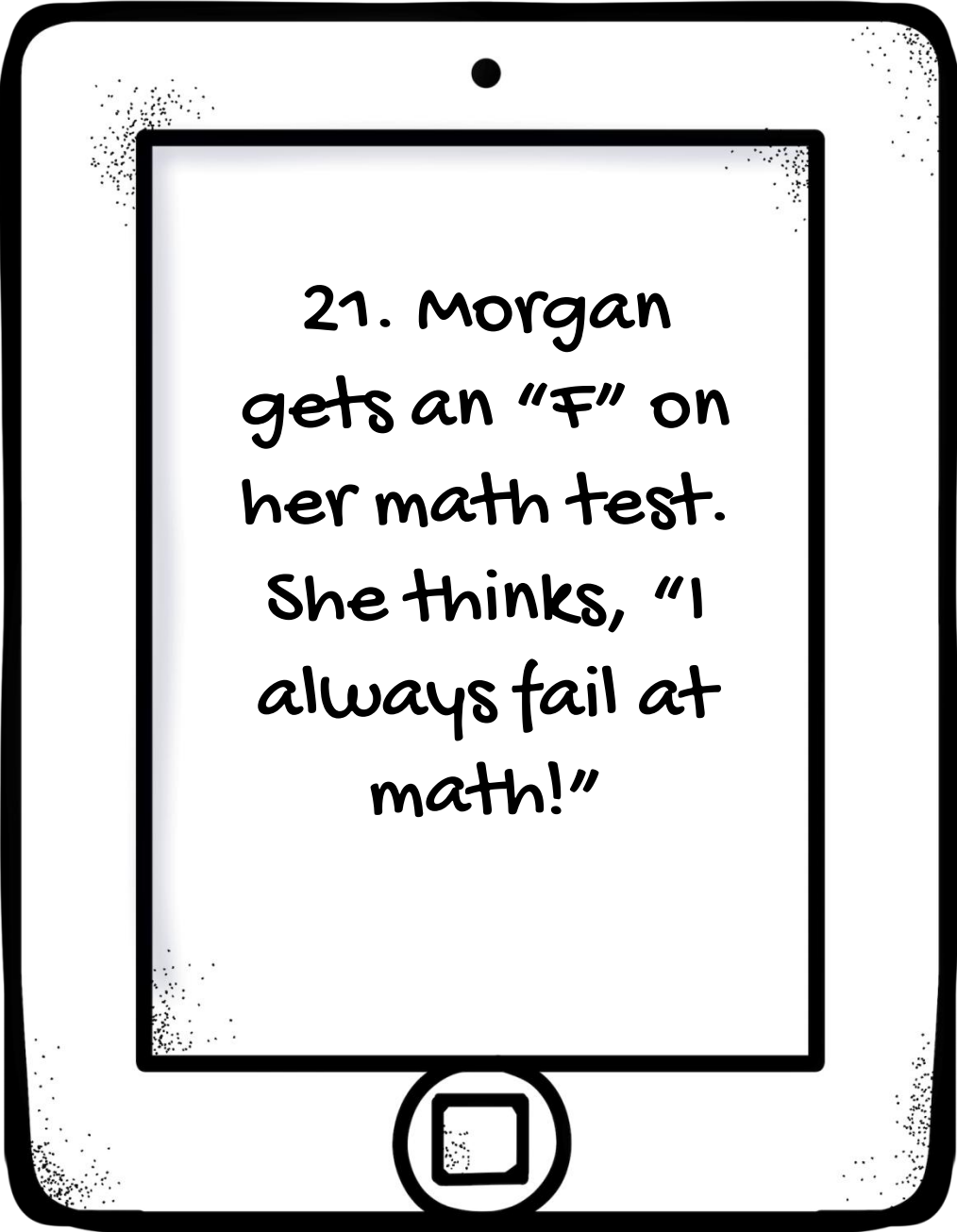21. Morgan gets an "F" on her math test. She thinks, "I always fail at math!"

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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)
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Credits
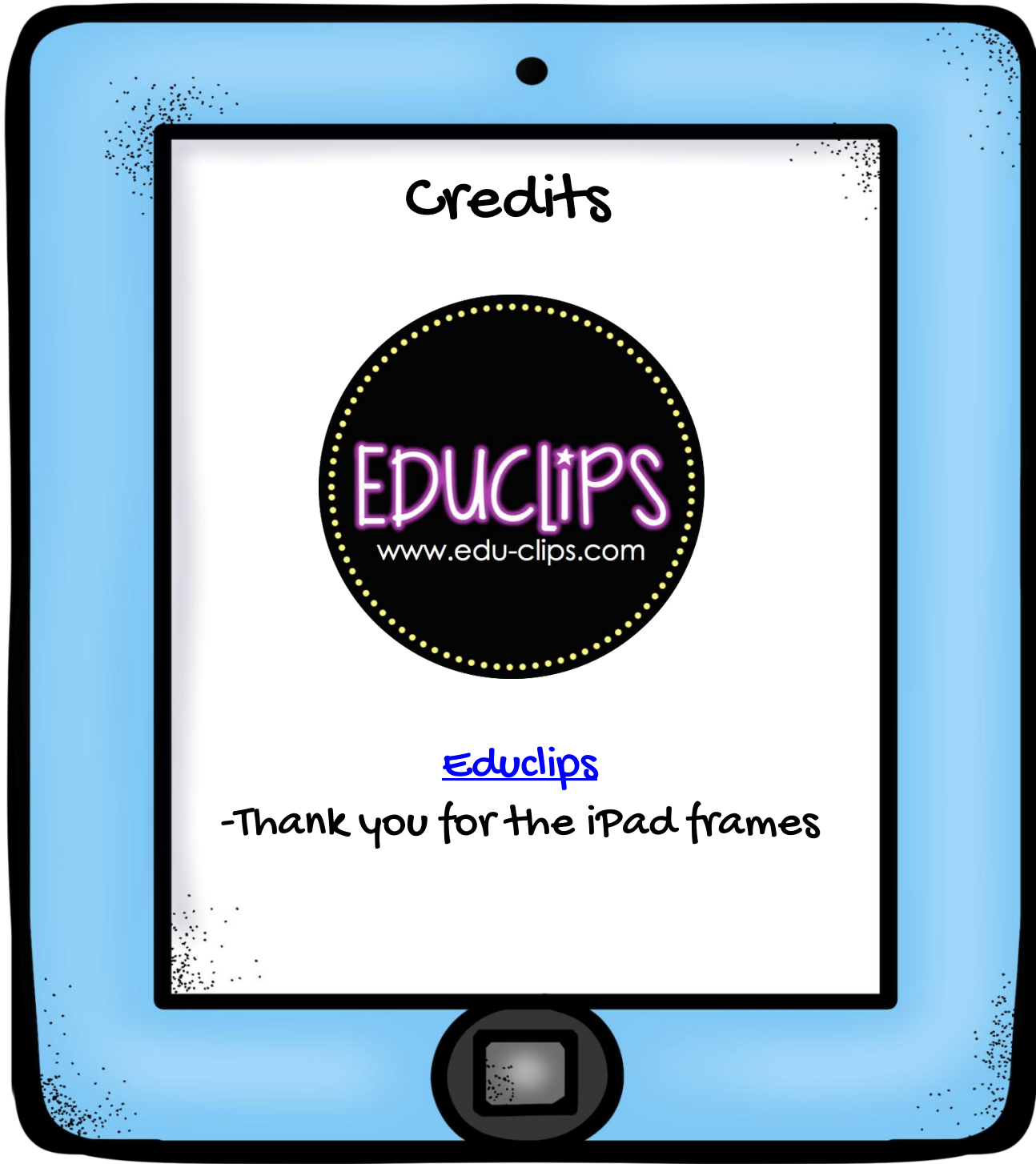
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-Thank you for the iPad frames