

Cognitive Distortions Exercise

Fill out the following table with stressful thoughts you're experiencing.

Thoughts	Feelings	Cognitive Distortions	Turnaround / Counter Evidence
Write down the repetitive thought.	List any emotions you feel when thinking those thoughts.	Are there any cognitive distortions in this thought? Write them down. There may be multiple.	Is there any counter evidence? What if you made some part of that sentence the <i>opposite</i> ?
Example: "If I get up on stage and speak, people will realize I have no idea what I'm talking about."	Anxious, afraid, nervous, overwhelmed	<p>Fortune Telling: I assume the worst will take place.</p> <p>Discounting the Positive: I tell myself that I "don't know anything," when really I know a whole bunch!</p>	<p>Turnaround: If I get up on stage, people will realize I know A TON about this topic.</p> <p>Counter Evidence: I gave a presentation three months ago and got a bunch of compliments at the end.</p>



Thoughts	Feelings	Cognitive Distortions	Turnaround / Counter Evidence