

CBT Cards for Thought Shifts

A Pocket Guide to Challenge Cognitive Distortions



Mental Filter

What It Is: Focusing only on the negative, filtering out the positive. This can make accomplishments feel invisible.

Example: "I got one negative comment - the whole presentation was terrible."

Reflection Prompt: What positive details are you overlooking? Can both good and bad things exist in the same experience?

Try This: List 3 things that went right - no matter how small.

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All-Or-Nothing Thinking

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Reflection Prompt: Where in your life do you notice this type of thinking? What might a more balanced perspective sound like?

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Magnification & Minimization

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Reflection Are you blowing this out
Prompt: of proportion? Or
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Disqualifying the Positive

What It Is: Differs from Mental Filter in its emphasis on rejecting the positive because it "doesn't count."

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Personalization

What It Is: Blaming ourselves for things out of our control, or taking unrelated things personally.

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Prompt: What else could explain it?

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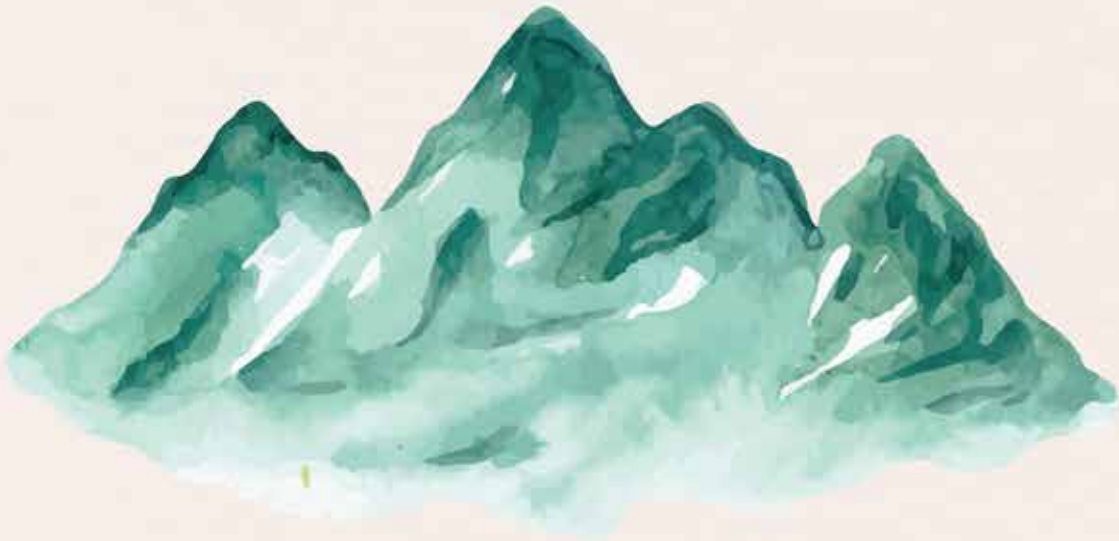
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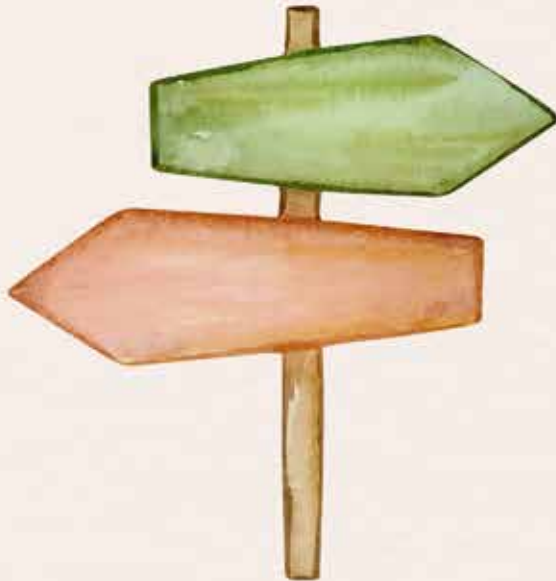
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WHAT IF REAL HEALING IS SIMPLER THAN YOU THINK?

TRANSFORM YOUR MENTAL HEALTH WITH THIS ULTIMATE THERAPY BUNDLE—EVIDENCE-BASED TOOLS AVAILABLE FOR A LIMITED TIME

Your struggles aren't permanent—they're treatable. This comprehensive digital bundle combines neuroscience-backed techniques with practical healing tools to help you understand your mind, process emotions, and build lasting resilience.



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- **16 Evidence-Based Modules** covering CBT, mindfulness, EMDR principles & more
- **4000+ pages** of therapeutic worksheets, exercises & assessment tools
- **Trauma-Informed Healing Guides** for anxiety, depression & relationship patterns
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KEY BENEFITS

- 🧠 **Rewire negative thought patterns** using proven neuroscience
- 🌱 **Heal trauma responses** with gentle, evidence-based techniques
- 💪 **Build emotional resilience** that lasts beyond crisis moments
- 🔄 **Lifetime access**—use these tools whenever you need support

REAL TRANSFORMATIONS



“I've spent thousands on therapy. This bundle gave me tools my therapist never mentioned. Life-changing.”
— Sarah L., Verified Buyer

“As a mental health professional, I'm impressed by the depth and clinical accuracy. I recommend this to all my clients.”
— Dr. James R., Licensed Therapist

WHY THIS MATTERS NOW

Every day without proper tools is another day stuck in survival mode. If you're tired of quick fixes and ready for real, sustainable healing—your transformation starts here.

EXCLUSIVE LIMITED OFFER



- Over 8,500 bundles already transforming lives
- Only 200 spots remaining at our special 90% Discount
- Offer expires in **72 hours**—no extensions



GET INSTANT ACCESS - TRANSFORM YOUR LIFE TODAY