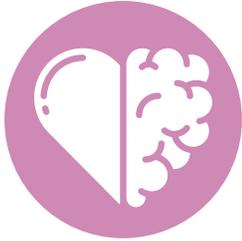


Cognitive Distortions & Therapy Interventions



EMOTIONAL REASONING

- Separate feelings from facts.
- Notice emotions without judgment.
- Challenge emotional conclusions with evidence.



ALL-OR-NOTHING THINKING

- Find the middle ground between extremes.
- List strengths and weaknesses side by side.
- Replace “failure” with a realistic affirmation.



LABELING

- Separate behavior from identity.
- Find times you acted differently.
- Use descriptive, non-judgmental words.



MENTAL FILTER

- List 3 positives for every negative noticed.
- Capture the full picture, not just the flaw.
- Keep a “positive moments” log.



SHOULD STATEMENTS

- Change “I should” to “I choose to.”
- Ask if it aligns with your values.
- Replace criticism with encouragement.



DISCOUNTING THE POSITIVE

- Record compliments and small wins.
- Say “Thank you” without downplaying.
- Revisit positive feedback daily.



PERSONALIZATION & BLAME

- Create a responsibility pie chart.
- Identify what’s in your control.
- Write a self-forgiveness letter.



MAGNIFICATION/MINIMIZATION

- Rate the problem from 1-10.
- Take deep breaths before reassessing.
- Focus on what’s still in your control.



OVERGENERALIZATION

- Write down counter examples to your thought.
- Change “always/never” to “sometimes/this time.”
- Recognize this as one event, not a pattern.



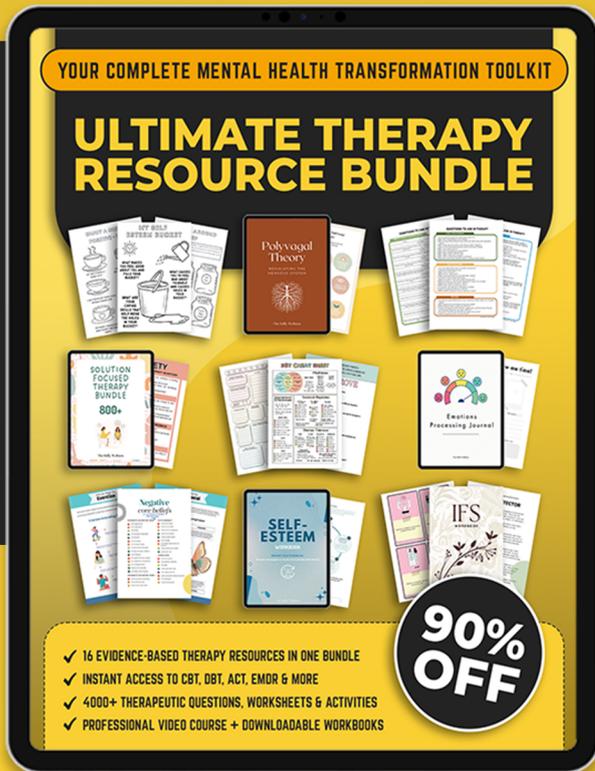
JUMPING TO CONCLUSIONS

- Ask, “What evidence do I have?”
- Seek clarification before assuming.
- List 2-3 other possible explanations.

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- **Trauma-Informed Healing Guides** for anxiety, depression & relationship patterns
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