



COGNITIVE DISTORTION ASSESSMENT

Notice the pattern. Challenge the thought. Change the outcome.

S3-102

CBT INFORMED

CLIENT NAME: _____ DATE: _____ SESSION: _____



Cognitive distortions are thinking patterns that can lead to inaccurate or unhelpful conclusions. Identify the distortion, challenge it, and create a more balanced thought.

1 IDENTIFY THE DISTORTION(S)

Check all that apply to your thought.

- ☐ **Catastrophizing**
I expect the worst possible outcome.
- ☐ **All-or-Nothing Thinking**
I see things in black and white terms.
- ☐ **Overgeneralization**
I see a pattern based on one event.
- ☐ **Mind Reading**
I assume I know what others think.
- ☐ **Personalization**
I blame myself for things that may not be my fault.
- ☐ **Fortune Telling**
I predict a negative future without evidence.
- ☐ **Emotional Reasoning**
I believe something is true just because I feel it.
- ☐ **Should Statements**
I focus on how things "should" or "shouldn't" be.
- ☐ **Labeling**
I label myself or others in a negative way.
- ☐ **Other:** _____



Awareness is the first step to change.

2 THE SITUATION

Describe the situation, event, or trigger.

3 AUTOMATIC THOUGHT

What thought went through your mind?

4 CHALLENGE THE THOUGHT

EVIDENCE FOR THE THOUGHT

What supports this thought?

- _____
- _____
- _____
- _____
- _____

EVIDENCE AGAINST THE THOUGHT

What doesn't support this thought?

- _____
- _____
- _____
- _____
- _____

ALTERNATIVE / BALANCED THOUGHT

What is a more realistic way to think about this?

- _____
- _____
- _____
- _____
- _____

5 BEHAVIOR EXPERIMENT

What can you do to test this new balanced thought? _____

What do you expect will happen? _____

What actually happened? _____



REFLECTION

- What did you learn about your thinking? _____
- How did challenging your thought change how you feel? _____
- What will you remind yourself next time you notice this distortion? _____



KEY TAKEAWAY

One insight I will take with me:

