

Identifying Cognitive Distortions

Feelings: (Write down what feelings you are experiencing; these can include emotions and physical sensations)	Thoughts: (Notice what thoughts are associated with your feelings and write those down here)	Cognitive Distortion? (Analyze your thoughts; is there a cognitive distortion there or is your thought(s) rational?)
Example: anxious, worried, shoulders tense	“I know I’m going to fail that exam”	Fortune teller/jumping to conclusions