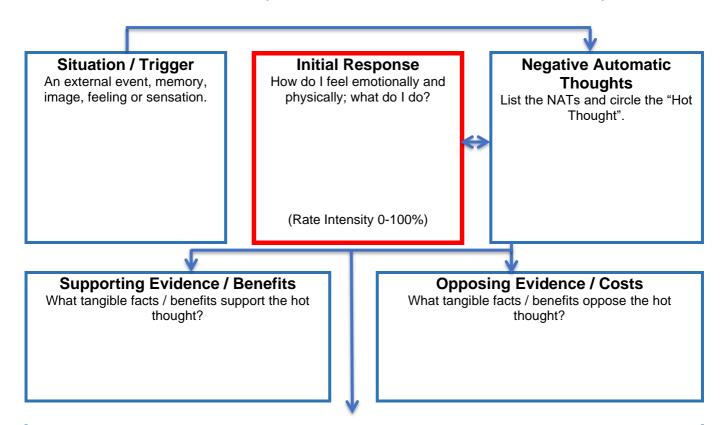


CBT Change Exercise

The purpose of this exercise is to identify and alter negative thinking patterns that cause emotional distress, maintain unhelpful behaviours and interfere with tasks and responsibilities.



Cognitive Distortions

- Catastrophising: Automatically assuming the worst possible outcome.
- ✓ Polarised Thinking: Viewing things in absolute or black and white terms.
- ✓ Over-generalising: Making sweeping inferences based on a single negative event.
- ✓ Negative filter: Focusing on the negatives and ignoring or discounting the positives.
- ✓ Jumping to Conclusions: Drawing conclusions without checking the facts.
- ✓ Mind-Reading: Deciding what people are thinking and feeling without any real evidence.
- ✓ Emotional Reasoning: Interpreting feelings as factual judgments.
- Musts / Shoulds: Expressing wishes and preferences as rigid demands.
- ✓ Labeling: Using global labels to describe a person based on a single characteristic or situation.
- ✓ Blaming: Automatically attributing personal blame or responsibility to self or others.
- ✓ Perfectionistic Thinking: Demanding unhelpful standards of exactitude and viewing anything less than 100% as failure.
- ✓ Comparing: Devaluing self worth by negative comparison with others.

