

Identifying Thinking Errors

Cognitive Distortions

Think about a negative thought you've had within the past week. First, write down the **situation** where you were, and the **negative thoughts** you had in this situation. Then, try to identify any **thinking errors** you may have had.

Situation:	Negative Thoughts:	Thinking Errors:

Situation:	Negative Thoughts:	Thinking Errors:

Situation:	Negative Thoughts:	Thinking Errors:

Situation:	Negative Thoughts:	Thinking Errors: