Challenging Cognitive Distortions

"Cognitive Distortions" is a term from cognitive-behavioral therapy that refers to biased ways of thinking about oneself and others. Most people experience these to varying degrees, and unfortunately, they can lead to problematic emotional and behavioral states. Learning how to identify and challenge these automatic thoughts can help increase psychological wellbeing and rational behavior.

Thoughts (Write down the repetitive thought)	Feelings (List any emotions that you feel when thinking those thoughts)	Cognitive Distortions? (Is there a cognitive distortion(s) in your thought? If so, write it down; there may be a few.)	Alternative, Rational Response (Think of a more rational response to your cognitive distortion (CD) and write that here. If there isn't a CD in your thought, leave this row blank and move on to another example.)
Example: "I know I'm going to fail that exam"	Anxious, discouraged, tense	Fortune telling/Predicting the future	"Actually, I've passed many exams before and I'm pretty confident that if I study enough, I'll do fine"