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| <b>Upsetting Event</b> |  |
|------------------------|--|

| Emotions  | % Now | % Goal | % After | Emotions  | % Now | % Goal | % After |
|---|-------|--------|---------|---|-------|--------|---------|
| <b>Sad</b> , blue, depressed, down, unhappy                     |       |        |         | <b>Embarrassed</b> , foolish, humiliated, self-conscious          |       |        |         |
| <b>Anxious</b> , worried, panicky, nervous, frightened          |       |        |         | <b>Hopeless</b> , discouraged, pessimistic, despairing            |       |        |         |
| <b>Guilty</b> , remorseful, bad, ashamed                        |       |        |         | <b>Frustrated</b> , stuck, thwarted, defeated                     |       |        |         |
| <b>Inferior</b> , worthless, inadequate, defective, incompetent |       |        |         | <b>Angry</b> , mad, resentful, annoyed, irritated, upset, furious |       |        |         |
| <b>Lonely</b> , unloved, unwanted, rejected, alone, abandoned   |       |        |         | Other   |       |        |         |

| Negative Thoughts (NTs) | % Now | % After | Distortions | Positive Thoughts (PTs) | % Belief |
|-------------------------|-------|---------|-------------|-------------------------|----------|
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**Event-Emotion-Thought Log**

### Checklist of Cognitive Distortions

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|---|---|
| <p><b>1. All or Nothing Thinking [AN]</b><br/>You view things in absolute, black-and-white categories.</p>  | <p><b>6. Magnification and Minimization [Mag/Min]</b><br/>You blow things out of proportion or shrink them.</p>   |
| <p><b>2. Overgeneralization [OG]</b><br/>You see one negative event as a pattern of defeat: "This always happens!"</p>  | <p><b>7. Emotional Reasoning [ER]</b><br/>You reason from your feelings: "I feel like an idiot, so I must really be one."</p>   |
| <p><b>3. Mental Filter [MF]</b><br/>You dwell on the negatives and ignore the positives.</p>  | <p><b>8. Should Statements [S]</b><br/>You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>  |
| <p><b>4. Discounting the Positive [DC]</b><br/>You insist that your positive qualities don't count.</p>   | <p><b>9. Labelling [L]</b><br/>Instead of saying "I made a mistake", you say "I'm a jerk" or "I'm a loser".</p>   |
| <p><b>5. Jumping to Conclusions</b><br/>You jump to conclusions not warranted by the facts.</p> <ul style="list-style-type: none"> <li>▪ <b>Mind reading [MR]</b><br/>You assume that people are reacting negatively to you.</li> <li>▪ <b>Fortune Telling [FT]</b><br/>You predict that things will turn out badly.</li> </ul> | <p><b>10. Blame</b><br/>You find fault instead of solving the problem.</p> <ul style="list-style-type: none"> <li>▪ <b>Self-blame [SB]</b><br/>You blame yourself for something that you weren't fully responsible for.</li> <li>▪ <b>Other-blame [B]</b><br/>You blame others and overlook ways you contributed to the problem.</li> </ul> |