

Challenging Cognitive Distortions Worksheet

Instructions for Coaches

Challenging cognitive distortions involves identifying and reframing inaccurate or negative thought patterns. Use this worksheet to guide clients through the process:

1. **Educate the Client:** Briefly explain cognitive distortions and provide examples.
 2. **Help Identify Distortions:** Assist clients in recognizing patterns in their thoughts that align with common distortions.
 3. **Encourage Reflection:** Use open-ended questions to help clients analyze their thoughts and identify realistic alternatives.
 4. **Support Reframing:** Guide clients to develop balanced and constructive perspectives.
 5. **Reinforce New Thoughts:** Encourage clients to practice and integrate their reframed thoughts into daily life.
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Challenging Cognitive Distortions Worksheet

Step 1: Identify the Distressing Thought

Write down the negative or distressing thought you are experiencing.

Thought:

Step 2: Label the Cognitive Distortion

Review the list of common cognitive distortions and identify which one(s) apply to your thought:

- All-or-Nothing Thinking
- Overgeneralization
- Catastrophizing
- Personalization
- Mind Reading
- Emotional Reasoning
- Discounting the Positive
- Should Statements
- Labeling

Distortion(s):

Step 3: Evidence For and Against

A. Evidence Supporting the Thought

- What evidence makes this thought seem true?

B. Evidence Against the Thought

- What evidence challenges or contradicts this thought?
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Step 4: Reframe the Thought

Write a balanced and realistic alternative to the original thought.

Reframed Thought:

Step 5: Emotional Impact

Reflect on how the original thought made you feel compared to the reframed thought.

- Original emotional intensity (0-10):
- New emotional intensity (0-10):

Emotional Reflection:

Step 6: Practice and Reinforce

1. What actions can you take to reinforce this new perspective?
2. How will you remind yourself of this reframed thought in similar situations?

Action Steps:

Reminders:

Step 7: Long-Term Reflection

1. How has challenging this thought helped you in your day-to-day life?

2. What cognitive distortions do you notice most often, and how will you address them moving forward?