

Figure 1. Distorted Thoughts

<i>Distorted Thoughts</i>	<i>Examples</i>
o Mind Reading: You know what others are thinking about you—and you assume it is bad.	o You know what others are thinking about you—and you assume it is bad.
o Overgeneralization: One negative event is seen as a pattern.	o You fail a test. So you think: I always fail tests.
o All-or-Nothing Thinking: Everything is all good or all bad. If you don't do something perfectly you fail.	o I got a C on the paper. I am a horrible student. I shouldn't be in college. o I got an A on the last test. I will get an A in the class.
o Fortune Telling: You know things will turn out badly.	o I will freeze up in the middle of my presentation—just like I always do.
o Mental Filtering: You only see the negative aspects of life. You always point out what is wrong with things or people.	o There is never anything good to eat in the dining hall. Or, there is nothing good about you. You are too tall, or have the wrong color of hair, or too pale, etc.
o Emotional Reasoning: You think your negative feelings reflect reality.	o You feel bad about your class. So you think: "I didn't understand this assignment. So I am going to fail this course."
o Comparative Thinking: You measure yourself by others ability and judge yourself accordingly—even though the comparison may be inaccurate.	o Everyone else already finished the test. I have ten problems left. They did better than me. I am going to fail the test.

*Chart created using information taken from Sherman, C. (2013). How cognitive therapy can stop negativity. *ADDitude: Living With Attention Deficit*. Retrieved from <http://www.additudemag.com/adhd/article/912-2.html>

Activity One: Read through the types of distorted thoughts in the chart above. Which of the distorted thoughts and examples do you recognize in your life?

When are they most likely to occur? In which situations, do you fall into to these faulty paradigms of thought?

Why? _____

For each distorted thought that you identified, note one specific step you can take to identify and challenge the thought when it occurs

- Distorted thought _____ Step _____
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Source: Burkart, G. (2017). *16 Weeks to College Success*. Dubuque, IA: Kendall Hunt.