

An Internal Shift in Our Perceptions

Cognitive Distortions: Thinking Defenses



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Identifying Your Favorite Cognitive Distortions/Defenses

Rate how much you use each distortions/defenses. To help you do this please use the following scale:

1-Used most of the time	2-Used some of the time	3-Used infrequently	4-Almost never used	
Advice-Giving/Fixing	1	2	3	4
Catastrophizing	1	2	3	4
Comparing	1	2	3	4
Complying	1	2	3	4
Denying	1	2	3	4
Explaining	1	2	3	4
Externalization	1	2	3	4
Humor	1	2	3	4
Ignorance	1	2	3	4
Inferencing	1	2	3	4
Intellectualizing	1	2	3	4
Internalization	1	2	3	4
Intimidating/Attacking	1	2	3	4
Justifying	1	2	3	4
Labeling	1	2	3	4
Magnification or Minimization	1	2	3	4
Negativism	1	2	3	4
Overgeneralization	1	2	3	4
Questioning	1	2	3	4
Projecting/Blaming	1	2	3	4
Rationalization	1	2	3	4
Rescuing	1	2	3	4
Shoulding	1	2	3	4
Silence	1	2	3	4
Splitting	1	2	3	4
Threatening	1	2	3	4
Withdrawing	1	2	3	4

Daily Thought Record

Step 1: The Facts

Event (Describe the event that made you feel bad or unpleasant.)	Impact of Event (Describe the emotions you felt.)	Intensity (Rate the intensity of these emotions from 1 to 10.)

Step 2: Analysis of your Thoughts

Initial Responses (What are your automatic thoughts?)	Thought Fallacies (Find and label the distortions.)	Reasonable Responses (Challenge the distortions with other more reasonable thought possibilities.)

Step 3: Results

Based upon your thought analysis rate again how much you believe your initial responses. Then rate the intensity of your emotions again.