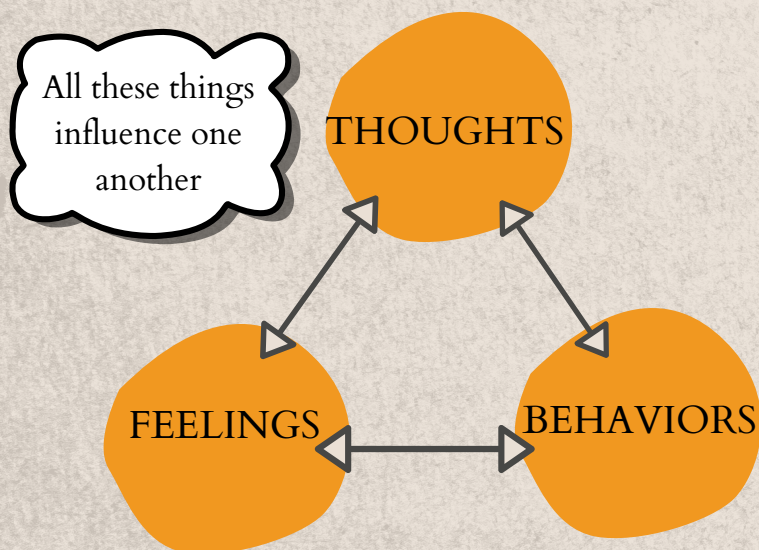




THOUGHT WELLNESS WORKSHOP

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Cognitive distortions are **irrational thoughts** or **unhelpful thinking** patterns that can influence our emotions.



Automatic thoughts

Initial thoughts/beliefs/judgements that impact emotions and behaviors.

Example: Situation: Upcoming exam

Thought: "I am stupid, I will fail the exam."

Feeling: Sad, frustrated, stressed

Behavior: Avoid studying and go out with friends instead.

Overtime, irrational or unhelpful thinking can lead to low self-esteem, worry/anxiety, or depression. Learn to be mindful of your automatic thoughts and then...

Reframe it!

Situation: Upcoming exam
Thought: "I can do this. I will be okay."
Feeling: Calm, confident
Behavior: Motivated to study

Consider where these automatic thoughts originated from



- Family and friends
- Cultural influence
- Societal expectations

Are you engaging in these cognitive distortions?

- **Magnification and Minimization**–Exaggerating or minimizing the importance of events.
Example: It doesn't matter if I got A's/B's. because I will never get a job anyways.
- **Overgeneralization**–Making broad interpretations from a single or few events.
Example: My last relationship failed so my next relationship will fail too.
- **Personalization**–The belief that one is responsible for events outside of their own control.
Example: If I did more to help my roommate, she would not be so stressed.
- **Jumping to Conclusions**–Interpreting the meaning of a situation without having all the facts
Example: My partner did not call me therefore they must have gotten into an accident.
- **Mind Reading**–Interpreting the thoughts and beliefs of others without adequate evidence.
Example: The professor called upon me. I didn't know the answer. They must hate me.
- **Fortune Telling**–The belief that you can predict the future outcome of a situation without evidence.
Example: I know I won't make any new friends because I am too awkward.
- **Labeling**–Using a label to describe a behavior or mistake.
Example: They're not a good person (instead of they made a mistake).
- **Emotional Reasoning**–The assumption that emotions reflect the way things really are.
Example: I feel like a loser, so I must be one.
- **Disqualifying the Positive**–Recognizing only the negative aspects of a situation while ignoring the positive.
Example: I passed the exam but that's cause I got lucky.
- **"Should" Statements**–The belief that things ought to, or must be a certain way.
Example: I should not be anxious or depressed.
- **All-or-nothing thinking**–Thinking in absolutes such as "always," "never," or "every."
Example: I have to be perfect or nothing else I do will matter.

What can you do?

1. Challenge negative thinking
 - a. Ask yourself... "What is the evidence that the thought is true/ not true?", "What is the worst case scenario? What is the probability that it will happen?", or "What would I saw to a friend who has these thoughts?"
 - b. For every 'negative what if' rehearse a 'positive what if'
 - i. Example: Negative- what if I fail this exam?
Positive- What if I try my best?/ What if I do well?
2. Put it into perspective
3. Be aware... so that you can challenge/reframe it

ADDITIONAL RESOURCES

