



## Cognitive Distortions Worksheet

1. Identify some of your distorted thoughts.


2. What triggers your distorted thoughts?


3. List different ways in which you can challenge your distorted thoughts.


4. What are some of the stress-relieving techniques you can engage in to improve your moods and thoughts?


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5. Write down daily affirmations to help you fight negative thoughts.


REFERENCE:

Good Therapy. (© 2007-2022). 20 Cognitive Distortions and How They Affect Your Life. Available at:

<https://www.goodtherapy.org/blog/20-cognitive-distortions-and-how-they-affect-your-life-0407154>. [Accessed October 21, 2022]

Positive Psychology. (© 2022). Cognitive Restructuring Techniques for Reframing Thoughts. Available at:

<https://positivepsychology.com/cbt-cognitive-restructuring-cognitive-distortions/>. [Accessed November 14, 2022]

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.