

**Event:**

| Emotions  | %b | %a | Emotions  | %b | %a |
|---|----|----|---|----|----|
| Sad, blue, depressed, down, unhappy                     |    |    | Embarrassed, foolish, humiliated, self-conscious          |    |    |
| Anxious, worried, panicky, nervous, frightened          |    |    | Hopeless, discouraged, pessimistic, despairing            |    |    |
| Guilty, remorseful, bad, ashamed                        |    |    | Frustrated, stuck, thwarted, defeated                     |    |    |
| Interior, worthless, inadequate, defective, incompetent |    |    | Angry, mad, resentful, annoyed, irritated, upset, furious |    |    |
| Lonely, unloved, unwanted, rejected, alone, abandoned   |    |    | Other   |    |    |

| Unbalanced thought | %before | %after | Distortions | Balanced thought | %belief |
|--------------------|---------|--------|-------------|------------------|---------|
|                    |         |        |             |                  |         |
|                    |         |        |             |                  |         |
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| Checklist of cognitive distortions |                         |    |                          |     |                            |
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| AN                                 | All-or-Nothing Thinking | DP | Discounting the Positive | MAG | Magnification/Minimization |
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| MF                                 | Mental Filter           | FT | Fortune-Telling          | SS  | Should Statements          |
|                                    |                         |    |                          | LAB | Labeling                   |
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