

Cognitive Reframing exercise



LOOKING AT THINGS A DIFFERENT WAY

Explore unhelpful thinking styles



Jumping to Conclusions

Making negative predictions about the future or what others think about you.



Black and White

Seeing things as either good or bad, right or wrong or all or nothing.



Labelling

Defining yourself and others based on a single event or behavior.



Emotional Reasoning

Believing that just because you feel a certain way, then thinking that your thoughts must then be true.



Should Statements

Believing that things should be a certain way. Using 'should', 'must' or 'ought' statements directed at yourself.



Fallacy of Fairness

This cognitive distortion refers to measuring every behavior and situation on a scale of fairness.



Catastrophizing

Only seeing the worst possible outcome of an event or situation and then deciding that if this outcome does happen,



Overgeneralizing

The process of concluding that just because something happened to you once before, it will occur over and over again.



Mental Filter

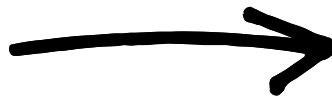
Focusing on your failures while avoiding to see your success, or focusing only on the negatives of a situation whilst filtering out the positives.



Instead of...

Try..

**i haven't done
enough**



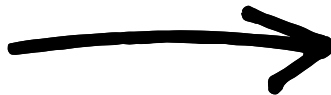
**I Showed up
today**

**why do i feel
like this?**



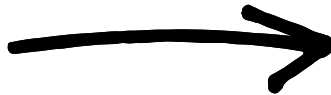
I'm Human

i feel useless



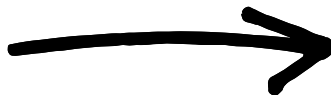
I am Worthy

I'm so behind



**What Can i
celebrate**

**I'm not good
enough**



**Fallacy of
Fairness**

**Why is this
happening**



i am enough

I'm stuck



**do i need different
resources to aid**

**I havent made
a lot of
Progress**



**Progress is non
linear. what small
step can i take.**

**This is too
much**



what do i need