

Cognitive Distortions Homework

1. Read through the list of 15 cognitive distortions so that you have an understanding of them.
2. Do the Cognitive Distortion Survey
3. Pick 4 Cognitive Distortions from the list. Give a specific example for each from your own life, or from the life of someone you know. Or, if you cannot do either of these, make up a few specific examples. The examples you give should place the distortion within a specific context (in science class, during my softball game, etc.) and should also explain exactly what is going through the person's mind ("I struck out so it's my fault the team lost.").