

Distortion Checklist

#No.	Thought	Distortion Code	7+ Emotion? (Y/N)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Distortion Tally (Mark Counts):

A/N (All-or-Nothing)	
O/G (Over-Generalisation)	
MF (Mental Filter)	
DP (Discounting Positive)	
MJ (Mind-Reading / Jumping to Conclusions)	
CATA (Catastrophising)	
E/R (Emotional Reasoning)	
S/W (Should / Must)	
L/GL (Labelling / Global Labelling)	
P/B (Personalisation & Blame)	

Reflection (Patterns or Triggers Noticed):