

COGNITIVE DISTORTION AWARENESS

For the next week train your brain to be aware of cognitive distortions. Do this every day for one week.
You may want to continue to do this until spotting the patterns becomes automatic.



DAY	COGNITIVE DISTORTION	WHAT HAPPENED?	DECEPTIVE BRAIN MESSAGES
Example	<i>Black and white thinking</i>	<i>I ate a whole pizza instead of just one slice</i>	<i>I ate a whole pizza. I'm a failure</i>
SUN			
MON			
TUES			
WED			
THURS			
FRI			
SAT			