

Cognitive Distortions Challenge

To help you recognize your cognitive distortions and abort their mission, use this exercise. To get started, go back to the worksheet *Cognitive Distortions List* where you identified the cognitive distortions that are driving your mind-set. Your cognitive distortions will be your practice tools. Follow through with this exercise to show you how the distortion typically unfolds and how you can insert your Wise Mind to bring on a positive outcome. An example of how to fill out this worksheet is on page 84 of *Brain Powered Weight Loss*.

Cognitive Distortion(s):

1. _____
2. _____
3. _____

Describe the situation that put you in this mind-set:

What was your automatic thought?

What emotion(s) were you feeling?

Where would you rate your emotion(s) on a scale of 1-10, with 1 being the worst feeling?

What behavior is your feeling creating?

What would be the automatic thought of a wiser mind?

What would be the emotion of a wiser mind?

Where would this emotion fit on a scale of 1-10, with 10 being most exuberant?

What would be the behavior(s) of a wiser mind?

