

# Cognitive Distortions Awareness

Track your cognitive distortions. Write down which ones you struggle most with. Make a check mark in the box if you caught yourself in a cognitive distortion that day.

WEEK 1							
COGNITIVE DISTORTION	SUN	MON	TUES	WED	THURS	FRI	SAT
1.							
2.							
3.							
4.							
5.							

WEEK 2							
COGNITIVE DISTORTION	SUN	MON	TUES	WED	THURS	FRI	SAT
1.							
2.							
3.							
4.							
5.							



Track your cognitive distortions. Write down which ones you struggle most with. Make a check mark in the box if you caught yourself in a cognitive distortion that day.

WEEK 3							
COGNITIVE DISTORTION	SUN	MON	TUES	WED	THURS	FRI	SAT
1.							
2.							
3.							
4.							
5.							

WEEK 4							
COGNITIVE DISTORTION	SUN	MON	TUES	WED	THURS	FRI	SAT
1.							
2.							
3.							
4.							
5.							

