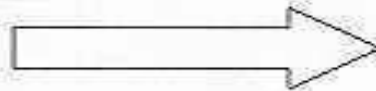


Being Mindful with Emotional Distress

Emotion: _____

JUDGEMENT

- Interpretations
- Assumptions
- Comparisons
- Assessing Value



MINDFULNESS

- What are the Feelings and Sensations?
- What are the Facts?

COGNITIVE DISTORTIONS

- | | |
|---|---|
| <input type="checkbox"/> All or Nothing Thinking | <input type="checkbox"/> Discounting the Positives |
| <input type="checkbox"/> Emotional Reasoning | <input type="checkbox"/> Personalization & Blame |
| <input type="checkbox"/> Magnification & Minimization | <input type="checkbox"/> Labeling |
| <input type="checkbox"/> Over-generalization | <input type="checkbox"/> Mental Filter |
| <input type="checkbox"/> Jumping to Conclusions:
Mind Reading
Fortune telling | <input type="checkbox"/> Should Statements:
Attachment to Ideas
Inflexible Expectations |