

## COGNITIVE DISTORTIONS

*People experiencing anxiety, depression, or other mental health conditions often have unhealthy thinking patterns. Everyone experiences negative thoughts, but when they become more frequent and stronger, they can create problems. We call these negative thoughts "distortions" because they are often not accurate.*

Fill out the chart below. You can go to page 2 & 3 to see types of distortions to help you fill out column 2 below.

[illegible]