

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

- | | |
|---|---|
| ☐ All or Nothing Thinking | ☐ Discounting the Positive |
| ☐ Emotional Reasoning | ☐ Personalization & Blame |
| ☐ Magnification & Minimization | ☐ Labeling |
| ☐ Over-generalization | ☐ Mental Filter |
| ☐ Jumping to Conclusions:
Bitch Mood
Fortune-telling | ☐ Should Statements:
Attachment to Ideal
Inflexible Expectations |