

## Being Mindful with Emotional Distress

Emotion: \_\_\_\_\_

### JUDGEMENT

- Impressions
- 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 Positive                                             |
| <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:<br>Bitch Mooding<br>Fortune-telling | <input type="checkbox"/> Should Statements:<br>Attachment to Ideal<br>Inflexible Expectations |