

**Ha**  
**My Goals for Treatment**

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- 2. 

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- 3. 

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- 4. 

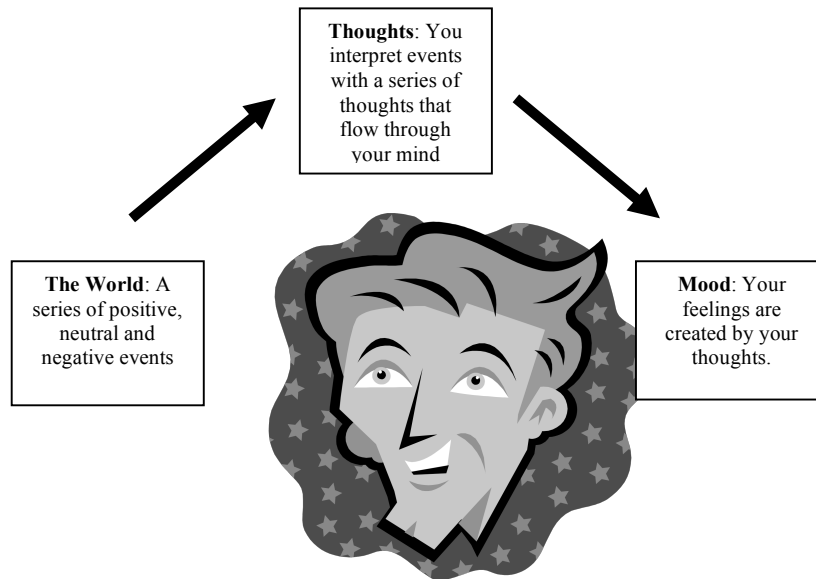
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- 5. 

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# Cognitive Distortions



Our emotions result mostly from the way we perceive things. Before we can experience any feeling, we must process triggers and give them meaning. To the degree that your thinking about a given event is biased in any way, your feelings may be that much more intense, which will make it that much harder to act in a way that is effective for you.

What follows are 10 misperceptions, which we will call *Cognitive Distortions*, that form the basis for emotional difficulties. (Adapted from Burns, 1990)

- 1) **Rationalization.** In an attempt to protect yourself from hurt feelings, you create excuses for events in life which don't go your way or for poor choices you make.
- 2) **Overgeneralization.** You see a single negative event as applicable to all or no situations. You may believe that the event is part of a never-ending pattern of defeat.
- 3) **All-or-nothing thinking.** This refers to a tendency to see things in black and white categories with no consideration for grey. You see yourself, others, and often the whole world in only positive or negative extremes rather than considering that each may instead have both positive and negative aspects. For example, if your performance falls short of perfect, you see yourself as a total failure.
- 4) **Discounting the positive.** You reject positive experiences by insisting that they "don't count" for some reason or another. In this way you can maintain a negative belief that is contradicted by your everyday experiences.

- [illegible]

[illegible]

Don'ts

- Use alcohol or unprescribed drugs to help sleep

## **Healthy Eating and Sleeping**

Healthy eating is...

- Eating what I enjoy
- Eating when I am hungry
- Helps me grow/sustains me
- Eating reasonable portions
- Eating regularly

Unhealthy eating is...

- Skipping meals
- Binge eating
- Only eating sweets
- Stuffing when angry/hurt
- Eating too much
- Eating too little

Results of unhealthy eating...

- Obesity
- Anorexia
- Bulimia
- Anemia
- Social isolation
- Low self-esteem
- Self-hatred

## **Sleep Hygiene**

Dos:

- Monitor room temperature
- Go to bed at the same time daily
- Get up at same time daily
- Use bed for only sleep and sex
- Bedroom quiet while sleeping
- Take sleeping meds as prescribed
- Establish bedtime Routine
- Go to bed when you are tired

Don'ts

- Use alcohol or unprescribed drugs to help sleep
- Stuff yourself before bed
- Participate in overly stimulating activity before bed
- Drink Caffeine/eat sugars past a certain time
- Watch graphic movie or morbid TV show
- Take another person's sleeping pills
- Lay in bed for hours if you can't sleep

## **Distorted Thoughts about Food**

"I live to eat"

"I have to have this food now"

"Food is bad for me"

"If I eat, I am a bad person"

"Food means being out of control"

"Food is necessary for socialization"

"Food is necessary for celebration"

"Eating is wrong"

"Eating protects me/helps me feel secure"

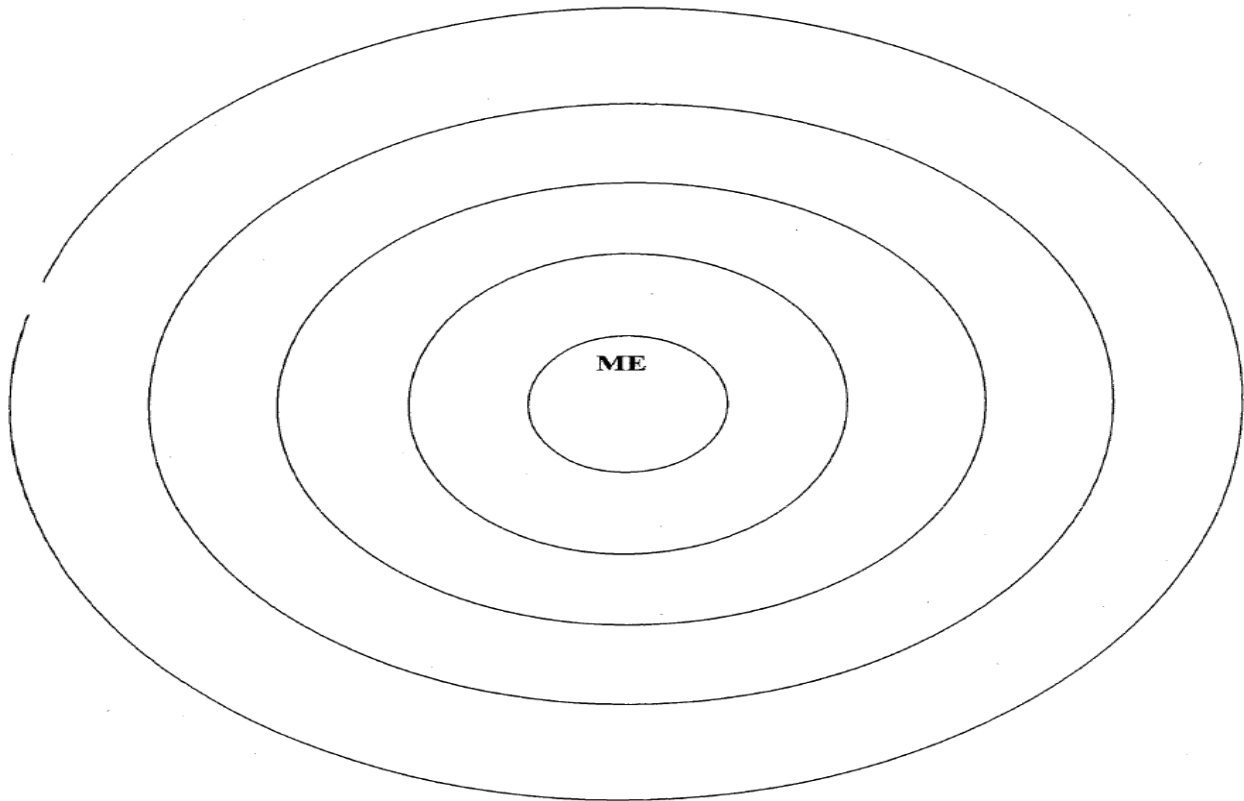
"Food equals weakness"

"If I don't look like \_\_\_\_\_, I am a failure/undesirable"

## **Building My Support Team:**

### **My Relationships**

Interpersonal relationships can often be difficult for persons with emotional problems. All human beings need relationships to one degree or another. It is true that some people need people more than others. Relationships can be both a source of tremendous support and a source of tremendous pain.. It is often helpful for people who enjoy “paly on words” to define *Intimacy as INTO-ME-SEE* – the degree to which we let people see into us, and vice versa. Use the following “intimacy circles” to evaluate the relationships you have in your life. List the people that are closest to you (the ones that you allow to “see into you” the most) in the inner circles. Causal friends go in the middle circles. People who you no longer share any personal information with (do not let them “see into you” at all) in the outer circles. The ensuing questionnaire to answer follow up questions to identify some potential strengths as well as areas for growth in your relationships.



## Questions

What changes would you like to make to your circles? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Who are the people you would like to have closer in? Further out? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Some hurtful things I have done in the past that have damaged one or more relationships are:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Some helpful things I have done in the past that have helped me in maintaining relationships are:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Changes I could make in the way I relate to people may include:  
\_\_\_\_\_  
\_\_\_\_\_.

Would you like to add people to your circles who currently aren't there? \_\_\_\_\_  
\_\_\_\_\_.

What type of people would you like to add? \_\_\_\_\_  
\_\_\_\_\_.

Where might you go to meet people like that? \_\_\_\_\_  
\_\_\_\_\_.

One step I am willing to take today to start wk on my circles is \_\_\_\_\_

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One person in my life I will try this week to be more assertive with is:

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