## CHECKLIST OF COGNITIVE DISTORTIONS

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1.</td>
<td><strong>All or nothing thinking:</strong> You look at things in absolute, black and white categories.</td>
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<td>2.</td>
<td><strong>Overgeneralization:</strong> You view a negative event as a never-ending pattern of defeat.</td>
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<td>3.</td>
<td><strong>Mental Filter:</strong> You dwell on the negatives and ignore the positives.</td>
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<td>4.</td>
<td><strong>Discounting the positives:</strong> You insist that your accomplishments or positive qualities “don’t count.”</td>
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<td>5.</td>
<td><strong>Jumping to conclusions:</strong> (A) Mind reading – you assume that people are reacting negatively to you when there’s no definite evidence for this; (B) Fortune Telling – you arbitrarily predict things will turn out badly.</td>
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<td>6.</td>
<td><strong>Magnification or Minimization:</strong> You blow things way out of proportion or you shrink their importance inappropriately.</td>
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<td>7.</td>
<td><strong>Emotional Reasoning:</strong> You reason from how you feel: “I feel like an idiot, so I really must be one.” Or “I don’t feel like doing this, so I’ll put it off.”</td>
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<td>8.</td>
<td><strong>“Should Statements”:</strong> You criticize yourself or other people with “Shoulds” or “Shouldn’ts.” “Musts,” “Oughts,” “Have tos” are similar offenders.</td>
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<td>9.</td>
<td><strong>Labeling:</strong> You identify with your shortcomings. Instead of saying, “I made a mistake,” you tell yourself, “I’m a jerk,” or “a fool,” or “a loser.”</td>
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<td>10.</td>
<td><strong>Personalization and Blame:</strong> You blame yourself for something you weren’t entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.</td>
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All of the following values are worthwhile. Review the list below and select the top 10 values that feel critical to you in order to be living a meaningful and fulfilling life. You may combine any values that you feel coincide with one another. Also, feel free to add any values that are important to you but aren’t listed below.

— ACCEPTANCE to be accepted as I am
— ACCURACY to be accurate in my opinions and beliefs
— ACHIEVEMENT to have important accomplishments
— ADVENTURE to have new and exciting experiences
— ATTRACTIVENESS to be physically attractive
— AUTHORITY to be in charge of and responsible for others
— AUTONOMY to be self-determined and independent
— BEAUTY to appreciate beauty around me
— CARING to take care of others
— CHALLENGE to take on difficult tasks and problems
— CHANGE to have a life full of change and variety
— COMFORT to have a pleasant and comfortable life
— COMMITMENT to make enduring, meaningful commitments
— COMPASSION to feel and act on concern for others
— CONTRIBUTION to make a lasting contribution in the world
— COOPERATION to work collaboratively with others
— COURTESY to be considerate and polite toward others
— CREATIVITY to have new and original ideas
— DEPENDABILITY to be reliable and trustworthy
— ECOLOGY to live in harmony with the environment
— EXCITEMENT to have a life full of thrills and stimulation
— FAITHFULNESS to be loyal and true in relationships
— FAME to be known and recognized
— FAMILY to have a happy, loving family
— FLEXIBILITY to adjust to new circumstances easily
— FORGIVENESS to be forgiving of others
— FRIENDSHIP to have close, supportive friends
— FUN to play and have fun
— GENEROSITY to give what I have to others
— GENUINENESS to act in a manner that is true to who I am
— GOD’S WILL to seek and obey the will of God
— GROWTH to keep changing and growing
— HEALTH to be physically well and healthy
— HELPFULNESS to be helpful to others
— HONESTY to be honest and truthful
— HOPE to maintain a positive and optimistic outlook
— HUMILITY to be modest and unassuming
— HUMOR to see the humorous side of myself and the world
— INDEPENDENCE to be free from dependence on others
— INDUSTRY to work hard and well at my life tasks
— INNER PEACE to experience personal peace
— INTIMACY to share my innermost experiences with others
— JUSTICE to promote fair and equal treatment for all
— KNOWLEDGE to learn and contribute valuable knowledge
— LEISURE to take time to relax and enjoy
— LOVED to be loved by those close to me
— LOVING to give love to others
— MASTERY to be competent in my everyday activities
— MINDFULNESS to live conscious and mindful of the present moment
— MODERATION to avoid excesses and find a middle ground
— NON-CONFORMITY to question and challenge authority and norms
— NURTURANCE to take care of and nurture others
— OPENNESS to be open to new experiences, ideas, and options
— ORDER to have a life that is well-ordered and organized
— PASSION to have deep feelings about ideas, activities, or people
— PLEASURE to feel good
— POPULARITY to be well-liked by many people
— POWER to have control over others
— PURPOSE to have meaning and direction in my life
— RATIONALITY to be guided by reason and logic
— REALISM to see and act realistically and practically
— RESPONSIBILITY to make and carry out responsible decisions
— RISK to take risks and chances
— ROMANCE to have intense, exciting love in my life
— SAFETY to be safe and secure
— SELF-ACCEPTANCE to accept myself as I am
— SELF-CONTROL to be disciplined in my own actions
— SELF-ESTEEM to feel good about myself
— SELF-KNOWLEDGE to have a deep and honest understanding of myself
— SERVICE to be of service to others
— SIMPLICITY to live life simply, with minimal needs
— SOLITUDE to have time and space where I can be apart from others
— SPIRITUALITY to grow and mature spiritually
— STABILITY to have a life that stays fairly consistent
— TOLERANCE to accept and respect those who differ from me
— TRADITION to follow respected patterns of the past
— VIRTUE to live a morally pure life
— WEALTH to have plenty of money
— WORLD PEACE to work to promote peace in the world
Getting from Values to Specific Action Steps

Due Date: ______ Name: __________________________________________ Week Starting: ______

Once you have figured out your values, the next step is to decide on specific things you can do or achieve (goals) that will make your life more in line with your values. Once you have goals, you can figure out what action steps are necessary to achieve the goal.

Example: VALUE: Be part of a group.

Possible GOALS:
- Reconnect with old friends.
- Get a more social job.
- Join a club.

Pick one GOAL to work on right now.
- Join a club.

Figure out a few ACTION STEPS that will move me toward my goal.
- Look for clubs on craigslist.
- Go to the bookstore by my house and ask about book groups.
- Join an interactive online game or chat room.

1. Pick one of your VALUES:

2. Identify three GOALS:

3. Circle one GOAL to work on right now.

4. Identify ACTION STEPS you can take right now to move closer to this GOAL.

5. Take one ACTION STEP now. Describe what you did:

Describe what happened next:

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1. Pick one of your VALUES:
   Achievement

2. Identify three GOALS:
   Secure a stable job that supports my professional growth
   Learn new, in-demand skills within my field
   Pursue entrepreneurial ways to monetize my skills

3. Circle one GOAL to work on right now.

4. Identify ACTION STEPS you can take right now to move closer to this GOAL.
   Search for discounted virtual training/webinars, read a book that will expand my skills, conduct research or informational interviews to identify most sought after skills in my desired field, enroll in an online certification program

5. Take one ACTION STEP now. Describe what you did:
   Search for discounted training/webinar

   Describe what happened next: Registered for upcoming webinar on "X" skill

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