

Mindful Cognitive Processing Worksheet

1. Describe **situation** briefly
2. List **emotions** (single words) and rate the intensity (0-100%)
3. List **automatic thoughts**. Circle “hot thought”. (For deeper work, identify the “core belief.”)
4. Observe **breathing** and **body sensations**. Describe these briefly.
5. Practice **acceptance** and **validation**. List thoughts that promote acceptance, non-judgment, validation. Take a few moments to practice breathing in an attitude of allowing things to be as they are without judging or trying to change/fix things.
6. List objective **evidence that supports** your automatic thoughts.
7. List objective **evidence that counters** your automatic thoughts.
8. Identify any **distortions** involved in your automatic thoughts.
9. Consider a more **balanced thought**.
10. Describe the **outcome**. List **emotions**, rate intensity. List any other reactions, observations.

Bonus...

11. Identify any **core beliefs** that could use revising....and a more adaptive belief.
12. Consider **behavioral experiments** to disprove the core beliefs and support a new belief.

Summary of some common cognitive distortions:

1. Probability overestimations – overestimating the likelihood of a negative event
2. Mind reading – assuming what others will think about you
3. Personalization – taking too much responsibility for a negative situation
4. Should statements – incorrect/exaggerated statements about how things should be
5. Catastrophic thinking – assuming that a negative event would be catastrophic
6. All-or-nothing thinking (Black & White Thinking)
7. Selective attention and memory – attend to negative information, discount positive
8. Overgeneralization – a single event is taken as a sign of a global pattern
9. Fortune telling – predicting the future with absolute certainty
10. Negative core beliefs – negative assumptions about oneself. Taking an event and turning it into a core characteristic. (“I made a mistake” vs. “I am a loser”)
11. Emotional reasoning – believing that if you feel as if something is true, that makes it true

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Date:

Situation	
Emotions	
Automatic Thoughts (circle "Hot Thought")	
Breathing & Body Sensations	
Acceptance/Validation	
Evidence for Hot Thought	
Evidence against Hot Thought	
Distortions in Hot Thought	
Balanced Thought	
Outcome (Emotions)	
Core Beliefs (old/new)	
Behavioral Experiments	