Being Mindful with Emotional Distress

Emotion: _____

JUDGMENT

- Interpretations
- Assumptions
- Comparisons
- Assessing Value

MINDFULNESS

- What are the feelings and sensations?
- What are the facts?

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Cognitive Distortions

- ☐ All or Nothing Thinking
- ☐ Emotional Reasoning
- ☐ Magnification & Minimization
- ☐ Over-Generalization
- ☐ Jumping to Conclusions:
  - Mind Reading
  - Fortune Telling
- ☐ Discounting the Positives
- ☐ Personalization & Blame
- ☐ Labeling
- ☐ Mental Filter
- ☐ Should Statements:
  - Attachment to Ideas
  - Inflexible Expectations