

CD Quest

Instructions: Using the following table/grid please record your score (0-5) for each Cognitive Distortion (CD) that was experienced in the last 7 days. If the CD did not occur in the last 7 days please record a 0 (zero) for that CD.

		Frequency			
		Occasionally 1-2 days	Frequently 3-5 days	Often 6 or 7 days	
Date:	Intensity	A little (up to 30%)	1	2	3
Total/Global Score:		Strongly (31% to 70%)	2	3	4
		Very Strongly (more than 71%)	3	4	5

Distortion	Definition	Score
Dichotomous thinking (also called all-or-nothing, black and white or polarized thinking)	I view a situation, a person or an event only in all-or-nothing terms, fitting them into only two extreme categories instead of on a continuum.	
Fortune telling (also called catastrophizing)	I predict the future in negative terms and believe that what will happen will be so awful that I will not be able to stand it.	
Discounting or disqualifying the positive	I disqualify and discount positive experiences or events insisting that they do not count.	
Emotional reasoning	I believe my emotions reflect reality and let them guide my attitudes and judgments.	
Labeling	I put a fixed, global label, usually negative, on myself or others.	
Magnification / minimization	I evaluate myself, others, and situations magnifying the negatives and/or minimizing the positives.	
Selective abstraction (also called mental filter and tunnel vision)	I pay attention to one or a few details and fail to see the whole picture.	
Mind reading	I believe that I know the thoughts or intentions of others (or that they know my thoughts or intentions) without having sufficient evidence.	
Overgeneralization	I take isolated cases and generalize them widely by means of words such as “always”, “never”, “everyone”	
Personalizing	I assume that others’ behaviors and external events concern (or are directed to) myself without considering other plausible explanations.	
Should statements (also “musts”, “oughts”, “have tos”)	I tell myself that events, people’s behaviors, and my own attitudes “should” be the way I expected them to be and not as they really are.	
Jumping to conclusions	I draw conclusions (negative or positive) from little or no confirmatory evidence.	
Blaming (others or oneself)	I direct my attention to others as sources of my negative feelings and experiences, failing to consider my own responsibility; or, conversely, I take responsibility for others’ behaviors and attitudes.	
What if?	I keep asking myself questions such as “what if something happens?”	
Unfair comparisons	I compare myself with others who seem to do better than I do and place myself in a disadvantageous position.	
TOTAL (Global) Score		

Table A1. Cognitive Distortions List.*

Please read the list of definitions and examples of cognitive distortions below, so that you can learn to identify your own examples. Write down these examples in column 4, under “My examples.”

Cognitive distortion	Definition	Examples	My examples
1. Dichotomous thinking (also called all-or-nothing, black and white, or polarized thinking) Back to Questionnaire	I view a situation, a person or an event only in all-or-nothing terms, fitting them into only two extreme categories instead of on a continuum.	“I made a mistake, therefore I’m a failure”. “I ate more than I planned, so I blew my diet completely.”	
2. Fortune telling (also called catastrophizing) Back to Questionnaire	I predict the future in negative terms and believe that what will happen will be so awful that I will not be able to stand it.	I will fail and this will be unbearable.” “I’ll be so upset that I won’t be able to concentrate for the exam.”	
3. Discounting or disqualifying the positive Back to Questionnaire	I disqualify and discount positive experiences or events insisting that they do not count.	“I passed the exam, but I was just lucky.” “Going to college is not a big deal, anyone can do it.”	
4. Emotional reasoning Back to Questionnaire	I believe my emotions reflect reality and let them guide my attitudes and judgments.	“I feel she loves me, so it must be true.” “I am terrified of airplanes, so flying must be dangerous.”	
5. Labeling Back to Questionnaire	I put a fixed, global label, usually negative, on myself or others.	“I’m a loser.” “He’s a rotten person.” “She’s a complete jerk.”	
6. Magnification / minimization Back to Questionnaire	I evaluate myself, others, and situations magnifying the negatives and/or minimizing the positives.	“I got a B. This proves how inferior I am.” “I got an A. It doesn’t mean I’m smart.”	
7. Selective abstraction (also called mental filter and tunnel vision) Back to Questionnaire	I pay attention to one or a few details and fail to see the whole picture.	“My boss said he liked my presentation, but since he corrected a slide, I know he did not mean it.” “Even though the group said my work was good, one person pointed out an error so I know I will be fired.”	

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Continued.

Cognitive distortion	Definition	Examples	My examples
8. Mind reading Back to Questionnaire	I believe that I know the thoughts or intentions of others (or that they know my thoughts or intentions) without having sufficient evidence.	“He’s thinking that I failed”. “She thought I didn’t know the project.” “He knows I do not like to be touched this way.”	
9. Overgeneralization Back to Questionnaire	I take isolated cases and generalize them widely by means of words such as “always”, “never”, “everyone”	“Every time I have a day off from work, it rains.” “You only pay attention to me when you want sex”.	
10. Personalizing Back to Questionnaire	I assume that others’ behaviors and external events concern (or are directed to) myself without considering other plausible explanations.	“I felt disrespected because the cashier did not say thank you to me” (not considering that the cashier did not say thank you to anyone). “My husband left me because I was a bad wife” (not considering that she was his fourth wife).	
11. Should statements (also “musts”, “oughts”, “have tos”) Back to Questionnaire	I tell myself that events, people’s behaviors, and my own attitudes “should” be the way I expected them to be and not as they really are.	“I should have been a better mother”. “He should have married Ann instead of Mary”. “I shouldn’t have made so many mistakes.”	
12. Jumping to conclusions Back to Questionnaire	I draw conclusions (negative or positive) from little or no confirmatory evidence.	“As soon as I saw him I knew he had bad intentions.” “He was looking at me, so I concluded immediately he thought I was responsible for the accident”.	
13. Blaming (others or oneself) Back to Questionnaire	I direct my attention to others as sources of my negative feelings and experiences, failing to consider my own responsibility; or, conversely, I take responsibility for others’ behaviors and attitudes.	“My parents are the ones to blame for my unhappiness.” “It is my fault that my son married a selfish and uncaring person	
14. What if? Back to Questionnaire	I keep asking myself questions such as “what if something happens?”	“What if my car crashes?” “What if I have a heart attack?” “What if my husband leaves me?”	
15. Unfair comparisons Back to Questionnaire	I compare myself with others who seem to do better than I do and place myself in a disadvantageous position.	“My father always preferred my elder brother because he is much smarter than I am.” “I am a failure because she is more successful than I am.”	