

Thinking Cards and cognitive distortions

Lesson 1

Learning to identify inaccurate thoughts

- Aim: To introduce the idea of cognitive distortions/inaccurate thinking/unhelpful thinking
- Objective : To be able to give examples of inaccurate thoughts

Cognitive distortions are thoughts that we all sometimes have. Sometimes this is described as unhelpful thinking because these thoughts can be inaccurate and unhelpful, and can make us sad and anxious.



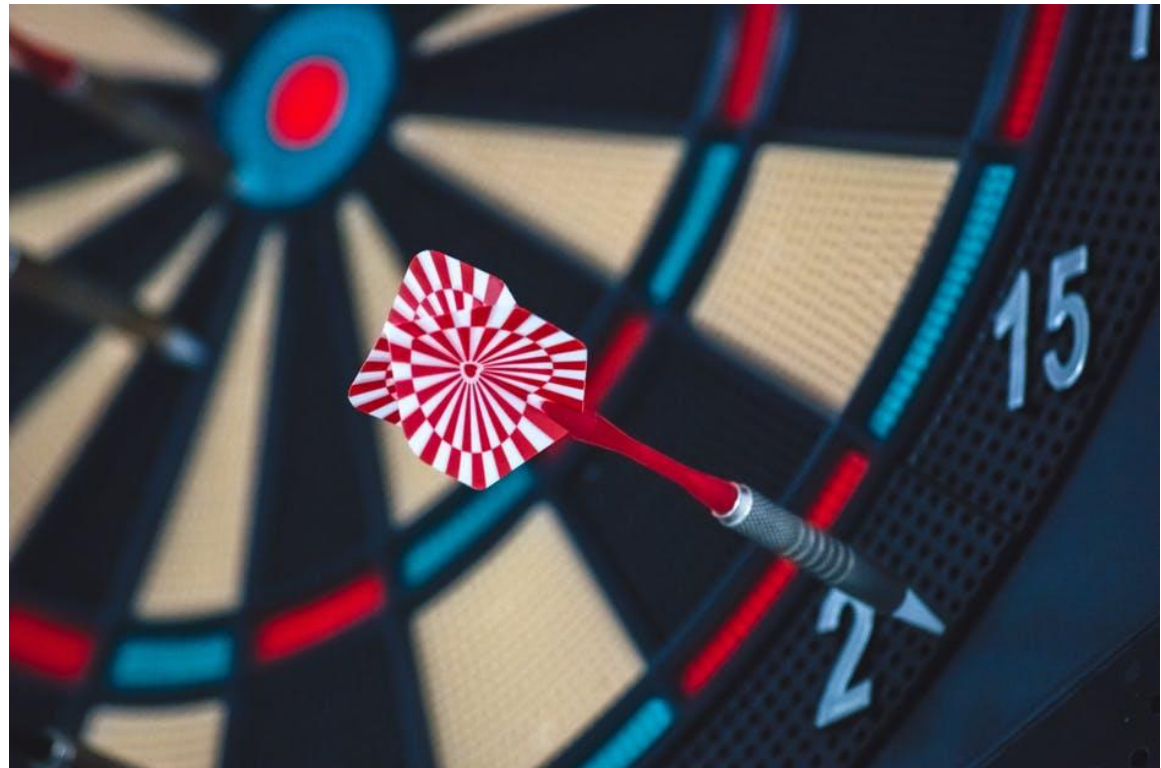
Cognitive distortions (or unhelpful thinking) will happen when our thoughts settle on ideas that are not actually true.



For example we might think that we are a failure when we are not.



There are many different cognitive distortions (inaccurate ideas) we can experience as unhelpful thinking.



Cognitive distortions can cause us stress and unhappiness.



Inaccurate ideas about the truth can even make us feel depressed or anxious.

How can we deal with inaccurate ideas
(unhelpful thinking)?



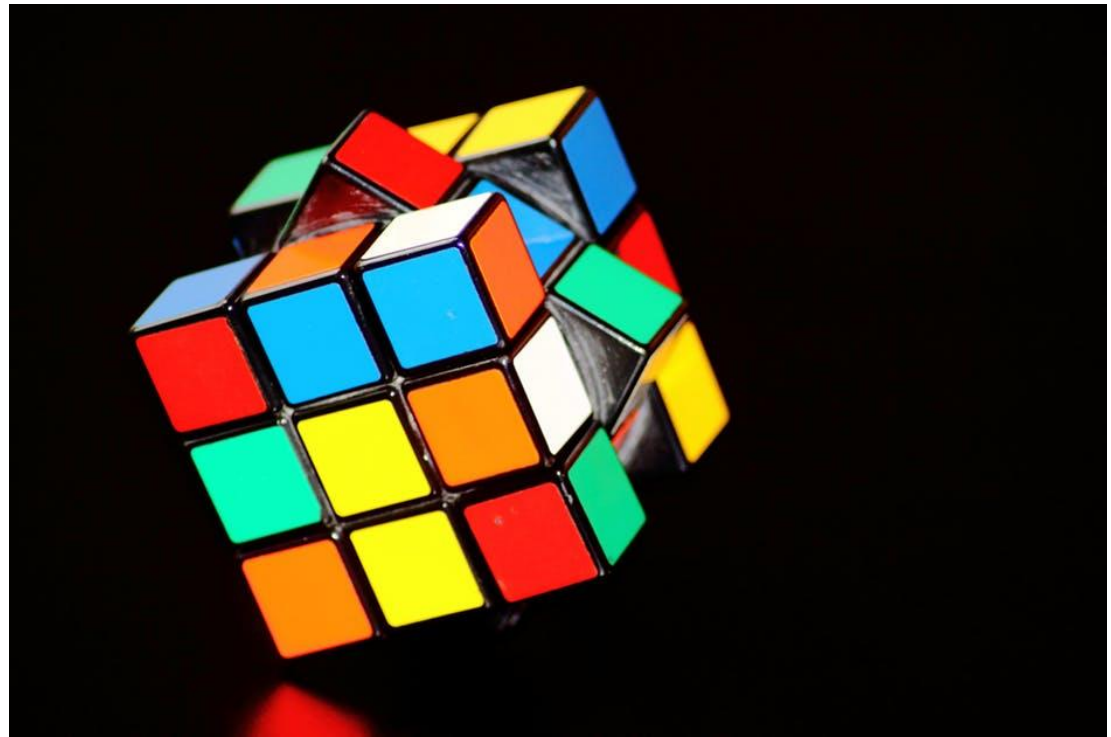
We can challenge or question our inaccurate ideas by doing some detective work to recognise our unhelpful thoughts.

We can then think in a way that is more accurate. We can use helpful thinking.



First of all we have to recognise our own inaccurate thoughts.

This can be difficult.



Thinking Cards can help us to recognise inaccurate thoughts (unhelpful thinking).

[Click here to watch some videos about unhelpful thinking](#)



Links to unhelpful thinking videos

[Negative Glasses](#)

[All or Nothing](#)

[Trash Talk](#)

[Kick/Keep](#)

[Magnifying](#)

[Mind Reading](#)

[Blocking the Positive](#)

[Stuck in the future](#)

[Blame Me](#)

[Flooding](#)

[Snowballing](#)

[Nothing can Change](#)

[Jumping to Conclusions](#)

[Being Wrong](#)

- Homework

Copy and complete this table based on what you hear people say this week.

Inaccurate Thought	Number of times you hear it expressed	Example/s
<i>Trash Talk</i>	<i>10</i>	<i>'I'm rubbish at everything'</i>