

Selecting Techniques Based on the Distortions in Your Negative Thought

	Cognitive Techniques											Exposure Techniques			Hidden Emotion	
	Uncovering	Compassion-Based	Truth-Based	Semantic	Logic-Based	Quantitative	Humor-Based	Role-Playing	Spiritual	Motivational	Anti-Procrastination	Classical Exposure	Cognitive Exposure	Interpersonal Exposure	Hidden Emotion	
Distortions	1. All-or-Nothing Thinking	✓	✓	✓	✓	✓			✓	✓	✓					
	2. Overgeneralization	✓	✓	✓	✓				✓	✓	✓					
	3. Mental Filter	✓	✓	✓	✓	✓	✓		✓	✓	✓					
	4. Discounting the Positive	✓	✓	✓	✓	✓	✓		✓	✓	✓					
	5. Jumping to Conclusions • Mind-Reading • Fortune-Telling	✓ ✓	✓ ✓	✓ ✓	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
	6. Magnification and Minimization	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
	7. Emotional Reasoning	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓			
	8. Should Statements	✓	✓	✓	✓	✓		✓	✓	✓	✓					
	9. Labeling	✓	✓	✓	✓	✓	✓	✓	✓	✓						
	10. Blame • Self-Blame • Other-Blame	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓					