

Clearer Skies:

Noticing and Reframing Cognitive Distortions

Our minds sometimes tell stories shaped by fear, habit, or old wounds. These thinking patterns, known as cognitive distortions, can cloud our perception and create unnecessary suffering. By gently noticing and challenging them, we clear a path toward more compassionate, balanced thinking.

ALL-OR-NOTHING THINKING

- WHAT IT SOUNDS LIKE: "*IF I'M NOT PERFECT, I'VE FAILED.*"
- GENTLE REFRAME: "*I CAN BE IMPERFECT AND STILL BE WORTHY AND SUCCESSFUL.*"

CATASTROPHISING

- WHAT IT SOUNDS LIKE: "*THIS IS A DISASTER. I WON'T BE ABLE TO HANDLE IT.*"
- GENTLE REFRAME: "*THIS IS CHALLENGING, BUT I HAVE SURVIVED HARD THINGS BEFORE.*"

MIND READING

- WHAT IT SOUNDS LIKE: "*THEY MUST THINK I'M FOOLISH.*"
- GENTLE REFRAME: "*I CAN'T KNOW FOR SURE WHAT OTHERS THINK. I CHOOSE TO FOCUS ON MY OWN TRUTH.*"

OVERGENERALIZATION

- WHAT IT SOUNDS LIKE: "*I ALWAYS MESS THINGS UP.*"
- GENTLE REFRAME: "*ONE MOMENT DOESN'T DEFINE ME. I AM GROWING WITH EVERY EXPERIENCE.*"

EMOTIONAL REASONING

- WHAT IT SOUNDS LIKE: "*I FEEL SCARED, SO SOMETHING MUST BE WRONG.*"
- GENTLE REFRAME: "*FEELINGS ARE VALID BUT NOT ALWAYS FACTS. I CAN FEEL SCARED AND STILL BE SAFE.*"

