

# DISTORTED THOUGHTS WORKSHEET

The thoughts you have in your head about your pain are as powerful as the pain itself. To start changing those thoughts, and ultimately how your pain feels, try this exercise from the book *Feeling Good: The New Mood Therapy* by Dr. David Burns.

Take 10-20 minutes out of each day for about two weeks and write down all the distorted thoughts (i.e. cognitive distortions) swimming around in your head, related to your pain or otherwise.\* Note how the thought is distorted (if you know) and then rationally respond to it.

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\* Revisit Chapter 4 for a reminder of the types of distortions most common to people in pain.

<b>AUTOMATIC THOUGHT (SELF CRITICISM)</b>	<b>WAY IN WHICH THIS THOUGHT IS DISTORTED</b>	<b>RATIONAL RESPONSE (SELF DEFENSE)</b>
e.g. "I didn't do anything today."	All or nothing thinking	"Actually, I got a few important things done and spent the rest of the day doing things to improve how I feel, which is a good use of my time."