

Identify and name the common thinking distortions in each of the following statements. Underline the key words which point to a thinking distortion.

Jim is kept waiting 10 minutes for his appointment. As he sits waiting, he feels increasingly angry and tense. He thinks, 'These people should be on time. They just don't care about people like me. The trouble is they think they're better than me. I'll be stuck here all day.'

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Carol burns the apple pie while cooking a large four-course meal for Roger, her husband, and his business colleagues. She thinks, 'Oh no, the whole meal is ruined. I'm a hopeless cook and a complete failure as a wife. I should be a better wife to Roger.'

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Jane sees her friend Barbara walking along the other side of the road. Jane thinks, 'Barbara doesn't like me any more, she's ignoring me. I must have done something to upset her. I've never really had many friends – I guess I'm just not very likeable.'

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Tony is about to give a lecture and notices that he feels nervous. He thinks, 'Oh no – my mind will go blank – I'll dry up and won't be able to say anything. I'll make a complete fool of myself. This is going to be terrible.'

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Mary loses her temper and shouts at her six-year-old son, who has been playing after being told to tidy his bedroom. Mary thinks, 'Jonathan is really terrible – he's completely out of control – he won't do a thing I tell him to. He will end up a complete waster. I shouldn't lose my temper like that. I am a hopeless mother.'

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