

MODULE 2 – REFLECTIVE TASK

Cognitive Distortions

Objective

To encourage deeper understanding and personal application of the concepts related to cognitive distortions.

Purpose

This reflection task is designed to help you internalise the concepts of cognitive distortions and to cultivate self-awareness. By examining your own thought patterns, you can develop strategies for healthier thinking, ultimately enhancing your emotional well-being and decision-making skills.

Instructions

Choose a Personal Experience: Reflect on a recent situation where you experienced negative thoughts or feelings related to a specific event (e.g., a presentation at work, an exam, or a social interaction).

Identify Cognitive Distortions: Analyse your thoughts during this experience. Identify any cognitive distortions you may have engaged in, such as all-or-nothing thinking, overgeneralization, or catastrophizing.

Write Your Reflection: In 300-500 words, address the following prompts:

- Describe the situation and the specific thoughts you had.
- Identify the cognitive distortions present in your thinking.
- Reflect on how these distortions affected your emotions and behaviour in that situation.
- Discuss how recognizing these distortions can help you manage similar situations in the future. What strategies can you apply to challenge and reframe your thoughts?

Action Plan: Conclude your reflection with a brief action plan. Outline at least two specific steps you will take to become more aware of cognitive distortions in your daily life and how you plan to challenge them.