

Cognitive Distortions & Self-Worth Workbook

A Clickable, Fillable PDF Workbook

Catastrophizing

What worst-case scenario am I imagining? What is the realistic outcome?

Future Tripping

What am I jumping ahead to? What is actually true right now?

Emotional Reasoning

What emotion am I mistaking for a fact?

Evidence Check

What evidence supports my fear? What evidence contradicts it?

Grounding

What am I feeling in my body right now? What triggered this feeling?

Self-Worth

Why do I feel I don't deserve good things or a healthy relationship?

Grace Reflection

If grace or unconditional love spoke to me, what would it say?

Relationship Anxiety

What specifically scares me about this new girl? Is this coming from past wounds?

Origin of Fear

Whose voice taught me to doubt my worth? Is that voice trustworthy?

Healthy Reframe

What balanced, compassionate truth replaces this distorted thought?