

**Journaling**

Gathering data about your moods, their source / intensity, and your responses to them.

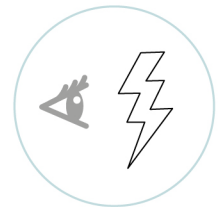
**Unraveling cognitive distortions**  
Become aware of the distortions you are likely to be vulnerable of.



**Cognitive restructuring**

Challenge your harmful or destructive beliefs and restructure them.

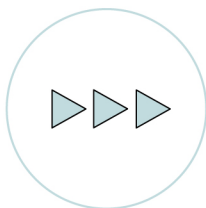
**Exposure and response prevention**  
Expose yourself to whatever it is that normally provokes a compulsive behavior.



**Interoceptive exposure**

Expose yourself to sensations you are afraid of and recognize they are not dangerous.

**Nightmare exposure and rescripting**  
Identify the emotion caused by a nightmare and cultivate a new emotion to replace it.



**Play the script until the end**

Finish a worst case scenario in your head to see that everything will likely turn out okay.

**Progressive muscle relaxation**  
Relax one muscle group at a time until your whole body is in a state of relaxation.



**Relaxed breathing**

Bring regularity and calm to your breath and create a sense of balance.



**Filtering**  
Focusing solely on the negative and ignoring all the positive.



**Overgeneralization**  
Assuming all experiences and people are the same, based on one negative experience.



**Catastrophizing**  
Assuming the worst case scenario, magnifying the negative and minimizing the positive.



**Control fallacies**  
Thinking everything that happens to you is either all your fault or not at all your fault.



**Blaming**  
Pointing to others when looking for a cause of any negative event, instead of looking at yourself.



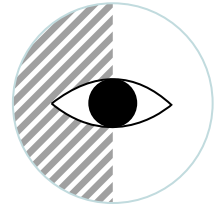
**Emotional reasoning**  
Believing "If I feel it, it must be true!"



**Global labeling / mislabeling**  
Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.



**Heavens' reward fallacy**  
Believing that any good act on your part will be repaid or rewarded.



**Polarized thinking**  
Black and white thinking, not seeing the grey.



**Jumping to conclusions**  
Being convinced of something with little to no evidence to support it.



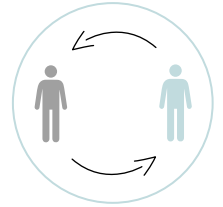
**Personalization**  
Believing that you are at least partially responsible for everything bad that happens around you.



**Fallacy of fairness**  
Being too concerned over whether everything is fair.



**Shoulds**  
Holding tight to your personal rules on how people ought to behave.



**Fallacy of change**  
Expecting others to change to suit your needs or desires.



**Always being right**  
Believing that it is absolutely unacceptable to be wrong.