

Emotional vs Cognitive Behavior

Worksheet

Learn how to **recognize distorted thinking** and how to **replace** it with **healthy, balanced thinking**. Knowing the truth helps you make **better choices** in order to **live better** – and to **feel better** about everything.

Instructions: Write an **example** of the different types of **Distorted Thinking** listed below. Then write an example of a **healthy, balanced thought process** which would help avoid the mistaken emotion.

Catastrophizing – Making things much worse than they really are.

Distorted: _____

Balanced: _____

Mind Reading – Thinking you know what another person is thinking, when you really don't know.

Distorted: _____

Balanced: _____

Negative Filtering – Focusing only on the negative.

Distorted: _____

Balanced: _____

Over-Generalizing – Thinking that someone who makes a mistake must be an idiot, when yes, people can make mistakes, but everyone has redeeming qualities, as well.

Distorted: _____

Balanced: _____

Dichotomous Thinking – Black & White Thinking: Camping is either completely fun or completely miserable.

Distorted: _____

Balanced: _____

Should's – Seeing life and the world through "Should Glasses" – Thinking how people or events should be as opposed to accepting them how they are.

Distorted: _____

Balanced: _____

Personalizing – Taking responsibility for (and trying to "fix") something that someone else has done.

Distorted: _____

Balanced: _____

Blaming – Placing a fault or a result on someone else that belongs to you.

Distorted: _____

Balanced: _____

Unfair Comparisons – Comparing yourself to someone else in a superficial manner to make you look or feel better (or sometimes look or feel worse).

Distorted: _____

Balanced: _____

Emotionalism vs Living by Principle

Emotionalism is “Living by our **feelings**.”

Emotional Reasoning: If I **feel** this way, it **must be** so.

- If I feel guilty, I must be guilty.
- If I feel that person doesn't like me, then that person doesn't like me.

Emotionalism is **over-interpreting** our intuitions and **assuming** that our emotions are always accurate and never give us false information.

Intuition is a wonderful gift, but it is **fallible**, so it is **not safe** to live by our emotions or to draw conclusions based on emotion alone.

At the same time, we need to value our emotions – like 2-year-olds.

We **love** our 2-year-olds. We **listen** to our 2-year-olds. We pay **attention** to our 2-year-olds, but we do not let our 2-year-olds drive the car. We keep them in the back in a safety seat.

The same with emotions. **Listen** to your emotions, **value** your emotions, but do not let your emotions drive the car (make your decisions), or you will end up in a ditch.

The replacement behavior for Emotionalism is: LIVING BY PRINCIPLE.

Motion leads to emotion, so when living (moving, acting) by principle our **emotions will align** with those **principled actions**, and we will get an **emotional reward** (positive feelings) by living by those principles.

Acting on principle **leads** us to **believe** in what we are doing.

Don't “Fake it, until you make it.” You don't want to be phony, but you can “**Faith it, until you make it.**”

Act on principle **by faith** and your **feelings** will soon **align** with those **principled actions**.

Another way to combat emotionalism is CBT: **Cognitive Behavioral Therapy**

Life events for many people lead to **negative emotions**. But there is something that can mediate between those life events and circumstances and those emotions – cognitive processing = the way we **think** about those life events and circumstances.

Although we cannot directly change our emotions, you can **change your thoughts** (and **change your actions**) **despite** your emotions. Then your emotions will follow those thoughts and actions.

In CBT we work with people who exhibit various forms of **distorted thinking**, which conjure up all sorts of **negative** and **misguiding** emotions. You can learn how to make yourself accountable for misinterpreting (distorting) the events and circumstances in your life.

The common types of **Distorted Thinking** include:

Catastrophizing – Making things much worse than they really are.

Mind Reading – Thinking you know what another person is thinking, when you really don't know.

Negative Filtering – Focusing **only** on the negative.

Over-Generalizing – Thinking that someone who makes a mistake must be an idiot, when yes, people can make mistakes, but everyone has redeeming qualities, as well.

Dichotomous Thinking – Black & White Thinking: Camping is either completely fun or completely miserable.

Should's – Seeing life and the world through “Should Glasses” – Thinking how people or events **should be** as opposed to **accepting** them how they **are**. This mindset really **backfires**, because the more you should people, the less influence you have over them.

Personalizing – Taking responsibility for (and trying to “fix”) something that someone else has done.

Blaming – Placing a fault or a result on someone else that belongs to you.

Unfair Comparisons – Comparing yourself to someone else in a superficial manner to make you look or feel better (or sometimes look or feel worse).

Learn how to recognize distorted thinking, then replace it with healthy, balanced thinking. This helps you learn how to tell yourself the truth and act on it appropriately.

Once you are thinking more clearly, your emotions start to match your thought life, and you start to feel better.

So, living by principle involves **thinking correctly** on principle and **acting** on principle.

Your emotions will follow those correct thoughts and actions, and you will end up **truly feeling** what you are **thinking and living**, instead of **living and thinking** what you are **mistakenly feeling**.