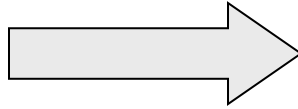


# Being Mindful with Emotional Distress

**Emotion:** \_\_\_\_\_

## Judgement

- Interpretations
- Assumptions
- Comparisons
- Assessing value



## Mindfulness

- How do I feel?
- What are the facts?


## Beware of Cognitive Distortions such as:

- All or nothing thinking
- Emotional reasoning
- Magnification
- Over-generalizing
- Discounting positives
- Blaming
- Labeling
- "Should" statements

