

Cognitive Distortions

Change your Inner Dialog to
Change your Opportunities



ACE® American
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2022 Virginia Network Annual State Conference

Leveling Up. Reinforcing Your Professional and Personal Toolkit.

Welcome!



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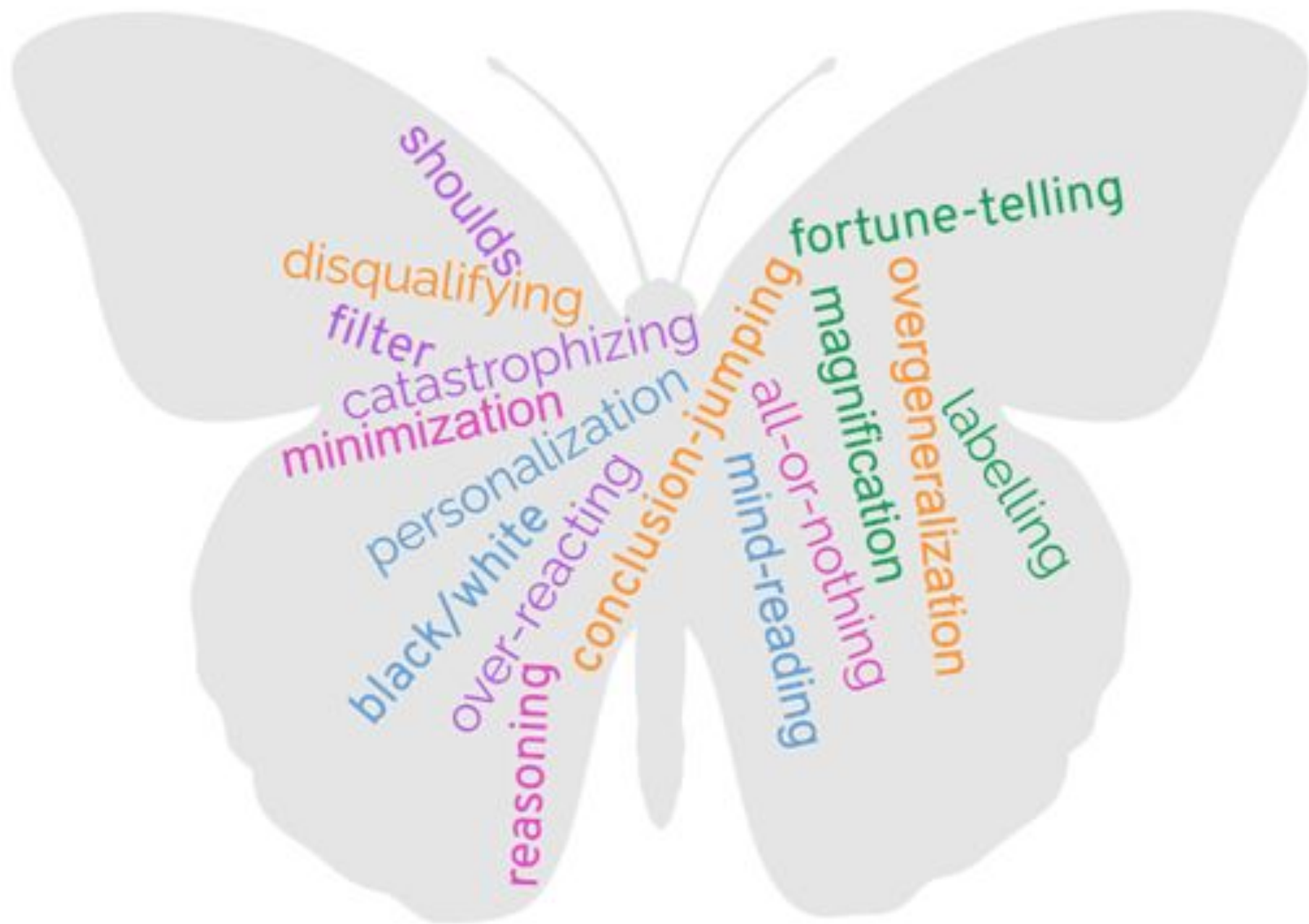


Lesa's story



Terry's story





When poll is active, respond at pollev.com/lesa

Text **LESA** to **37607** once to join

I pick a single, unpleasant detail and dwell on it.

Always

Most of the time

Occasionally

Never

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I assume responsibility for the pain or happiness of those around me (for example, "Why are you in a bad mood? Is it something I did?")

Always

Most of the time

Occasionally

Never

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I believe that what I feel must be true (for example, if I say something dumb and feel dumb, I must be dumb).

Always

Most of the time

Occasionally

Never

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**I tell myself I am responsible for events that are in reality
out of my control.**

Always

Most of the time

Occasionally

Never

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The background features a soft, ethereal composition of blue and pink ink-like splashes or smoke billowing from the bottom, creating a dreamy, organic shape. A small, detailed butterfly is perched on the left edge of the blue splash. The overall color palette is pastel, with the ink colors blending into a light lavender and pinkish-white background.

TACTICS

Change your Inner Dialog to Change
your Opportunities



Name it to tame it!

Identifying the distortion

Reframing



Tell yourself a different story





Strength Spotting



Put it in
Perspective



A few quotes and quibbles



Jessica's Daily Affirmation



Stop, drop, and
Jessica
your way out of this!

We'd love to hear
what you think!

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Solution-focused Inquiry



Imagining...

