STUTTERING AND COGNITIVE DISTORTIONS

A <u>cognitive distortion</u> is an <u>unrealistic</u> and <u>unhelpful</u> thought pattern resulting in (circle one): <u>good feelings/bad feelings</u>.

11 Types of Cognitive Distortions

1. **All or Nothing**: thinking in <u>extremes</u> such as only "good" or only "bad"

- Stuttering Example: "My speech is only good if I am 100% fluent."

-Give another stuttering example of "all or nothing" thinking:_____
_____
_____

-Does this type of thinking allow any room for mistakes? Why or why not?
_____
_____

-Describe how you feel when you think this way:_____
_____

2. Mental Filter: focusing only on negatives while ignoring positives.

- Stuttering Example: Focusing only on when you stutter while ignoring when you are fluent or when you are brave.

-Give another stuttering example of "mental filter" thinking:_____
_____
_____

-Does this type of thinking help you feel good or proud of yourself?
Why or why not?_____
_____
_____

-Activity: Write 3 things you are thankful for and 3 things you are proud of yourself for:_____
_____
_____

-Describe how you feel when you think this way:_____
_____

3. Jumping to Conclusions: expecting bad things to happen without much real evidence. (Divided into 2 categories: Mind Reading and Fortune Telling).

A. *Mind Reading*: assuming you know what someone else is thinking.

- Stuttering Example: "I bet he is thinking that I'm weird".

-Give another stuttering example of "mind reading":_____

_____

_____

-Activity: Practice making different facial expressions with your SLP or peers and see if you can guess <u>exactly</u> what someone else is thinking. Can they guess <u>exactly</u> what you are thinking?

B. *Fortune Telling*: assuming you know exactly what will happen in the future; typically negative.

-Stuttering Example: "I bet I will stutter when the teacher calls on me"

-Give another stuttering example of "fortune telling":_____

_____

_____

Activity: Try journaling to keep track of how many of your "predictions" actually come true through out the day.

-Describe how you feel when you think this way:_____

_____

4. Emotional Reasoning: Interpreting a situation based only on our feelings not on facts.

-Stuttering Example: "I feel embarrassed so people must be thinking I'm weird".

-Give another stuttering example of "emotional reasoning":_____

_____

_____

-Just because we feel afraid does not mean bad things will happen.

-Describe how you feel when you think this way:_____

_____

5. Labeling: attaching labels to ourselves or our speech.

-Stuttering Example: "I am my stutter" and "My speech is bad".

-Give another stuttering example:_____

_____

_____

-Activity: make a list of good qualities about yourself or your speech apart from stuttering.

-Describe how you feel when you think this way:_____

_____

6. Overgeneralizing: taking one example and generalizing it to an overall pattern.

- Stuttering Example: "I stuttered on an "a" sound now I will probably stutter on all words that begin with "a".

-Give another stuttering example of "over generalizing":_____

_____

_____

-Describe how you feel when you think this way:_____

_____

7. Catastrophizing: predicting something to be a disaster or catastrophe, when in reality, it may just be somewhat unpleasant.

- Stuttering Example: "If I stutter in front of my friend she wont want to be my friend anymore and she will tell everyone at school that I stutter".

-Give another stuttering example of "catastrophizing":_____

_____

_____

-Describe how you feel when you think this way:_____

_____

8. Shoulds/Shouldn'ts: Telling ourselves we "should" or "shouldn't" do or be a certain way.

- Stuttering Example: "I should speak fluently" and "I shoudn't still stutter"

-Give another stuttering example of "Shoulds/Shouldn'ts":_____

_____

_____

- Does using "Shoulds/Shouldn'ts" help us accepts ourselves just as we are today? Or does it put pressure on ourselves to be something that we are not today?_____

_____

-Describe how you feel when you think this way:_____

_____

9. **Personalization**:

A. Giving yourself blame or credit over events you had little to no control over.

- Stuttering Example: "Im proud of myself when I am fluent" and "I'm mad at myself when I stutter".

-Give another stuttering example of "blame/credit"_____

_____

B. Believing everything other people say/do is about you (or about your stuttering).

- Stuttering Example: "She hung up on me because I stuttered"(When in reality she couldn't hear you or thought you had hung up).

-Give another stuttering example:_____

-Describe how you feel when you think this way:_____

10. **Compare/Despair**: Comparing how you feel on the inside with how another person _appears_ on the outside.
- Stuttering Example: " I'm so embarrassed of my stuttering... Susie is so lucky that she doesn't stutter; she seems happy all the time. It must be nice to have nothing to be embarrassed about..."

-Give another stuttering example:_____

_____

-Describe how you feel when you think this way:_____

_____

11. **Critical Self**: thinking mean/critical thoughts towards yourself especially when you stutter.

- Stuttering Example: After you stutter telling yourself "I can't believe you just stuttered again! What's wrong with you?!"

-Give another stuttering example:_____

_____

-Activity: Think about your critical voice when it says something mean, write it down and ask yourself if you would say that to your best friend.

-Describe how you feel when you think this way:_____

_____