

Cognitive Biases Tracker

NOTICE · TRACK · REFLECT · CHOOSE DIFFERENTLY

Use this tracker to notice when unhelpful thinking styles show up in your day. Becoming aware of your patterns can help you step back, gain perspective, and respond in a more balanced and helpful way.

UNHELPFUL THINKING STYLE	BRIEF DESCRIPTION	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES What was happening? How did it affect you?
All-or-nothing thinking	Seeing things in extremes, with no middle ground.	☐	☐	☐	☐	☐	☐	☐	
Catastrophising	Predicting or magnifying the worst possible outcome.	☐	☐	☐	☐	☐	☐	☐	
Mind reading	Assuming you know what someone else thinks, without checking.	☐	☐	☐	☐	☐	☐	☐	
Fortune telling	Treating an uncertain future as if it is already known.	☐	☐	☐	☐	☐	☐	☐	
Mental filtering	Focusing on one negative detail while overlooking the wider picture.	☐	☐	☐	☐	☐	☐	☐	
Discounting the positive	Dismissing positive experiences, achievements or evidence.	☐	☐	☐	☐	☐	☐	☐	
Emotional reasoning	Treating a feeling as proof that something is true.	☐	☐	☐	☐	☐	☐	☐	
Should statements	Rigid rules about how you or others ought to be.	☐	☐	☐	☐	☐	☐	☐	
Labelling	Reducing yourself or another person to a global negative label.	☐	☐	☐	☐	☐	☐	☐	
Personalisation	Assuming excessive responsibility for events or others' reactions.	☐	☐	☐	☐	☐	☐	☐	
Overgeneralisation	Drawing a broad conclusion from a limited event.	☐	☐	☐	☐	☐	☐	☐	
Magnification and minimisation	Exaggerating the importance of negatives or shrinking the positives.	☐	☐	☐	☐	☐	☐	☐	

REFLECTION Which thinking styles show up most often for you? 	WHAT MIGHT HELP? What small steps could you take to think more flexibly?
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