

Cognitive Distortions

Cognitive distortions are irrational thoughts or unhelpful thinking patterns that can influence our emotions. We all experience unhelpful thinking patterns to some level; however, experiencing cognitive distortions in extreme forms can be harmful.

Magnification (Catastrophizing) and Minimization: Exaggerating or minimizing the importance of events.

One might believe their own achievements are unimportant, or that their mistakes are excessively important.

Overgeneralization: Making broad interpretations from a single or few events.

“I felt awkward in my class. I am always so awkward.”

Personalization: The belief that one is responsible for events outside of their own control.

“My friend is always upset. They would be fine if I did more to help them.”

Mind Reading: Interpreting the thoughts and beliefs of others without adequate evidence.

“The professor did not call on me. They must not like me.”

Fortune Telling: The belief that you can predict the future outcome of a situation without evidence.

“If I take this exam, I am going to fail.”

Labeling/Mislabeling: Using a label to describe a behavior or mistake.

“I’m a loser” or “They’re a bad person.”

Emotional Reasoning: The assumption that emotions reflect the way things really are.

“I feel like I messed up, therefore I must be a bad person.”

Disqualifying the Positive: Recognizing only the negative aspects of a situation while ignoring the positive.

“I only passed the exam this time, it was luck.”

“Should” Statements: The belief that things ought to, or must be a certain way.

“I should have done my assignment earlier.”

All-or-Nothing Thinking: Thinking in absolutes such as “always”, “never”, or “every”.

“I always fail my exams.”

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1. Identify the cognitive distortion(s) that you experience (circle or mark above)
 2. Write examples of the unhelpful thinking patterns that you experience the most.
 - I.
 - II.
 - III.

Skills to Change Your Thoughts

1. **Identify Distortions** in automatic thoughts.
2. **Examine the Evidence** – Instead of assuming that your negative thought is true, examine the actual evidence for it.
 - ❖ For example, is it true that I never do anything right? What are some things I do well? What are the things I'm not so good at?
3. **The Double-Standard Method** – Ask yourself, “Would I say this to a close friend who was very much like me and had a similar problem?” “What would I say to a friend?” Practice saying that to yourself.
4. **The Experimental Technique** – When you have a negative thought, ask yourself if there is a way you could test it to find out if it is really true.
5. **Thinking in Shades of Gray** – (*useful for all-or-nothing thinking*) Remind yourself that things are usually somewhere between 0 and 100 percent.
 - ❖ Instead of insisting “I am perfect and never make a mistake” or “I am a horrible person, I messed up/I'm giving up....”
 - ❖ acknowledge a mistake, forgive yourself, and move forward with your life
6. **The Survey Method** – Ask yourself “Would other people agree that the thought is valid?”
 - ❖ Or ask people in your life you trust questions to find out if your thoughts and attitudes are realistic.
7. **Define terms** – (*useful if you are labeling yourself*). Instead of putting yourself down as “a failure” or “a loser” or “a fool.” Ask yourself:
 - ❖ What does failure mean? What is a loser? What is a fool?
8. **The Semantic Method** – (*useful for “should statements”*). Substitute a phrase like “it would be nice” or “it would be preferable” in place of “I should.”
 - ❖ This may help you look at the thoughts without having expectations, and decrease times of being too self-critical.
9. **Re-attribution** – (*useful for personalization*). Ask yourself what other factors may have contributed to this problem.
 - ❖ Focus on solving the problem one step at a time, instead of using up energy towards feeling guilty or blaming yourself.
10. **Cost-Benefit analysis**. Ask yourself, “How will having this thought/belief help me, and how will it hurt me?”
 - ❖ You can also use this question on negative behavior patterns (i.e. lying in bed, spending too much time on social media) or self-defeating beliefs like “I must always try to be perfect.”



Challenging Negative Thoughts

Irrational or unhelpful thinking styles can lead to low self-esteem, anxiety, or depression. Irrational or negative thoughts can also impact academic, relational, or work functioning. For example, a student who has studied for an exam might think they will fail their final. The irrational thought about academic performance will impact how they feel as they prepare for the exam or how they feel about themselves. Challenging unhelpful thinking patterns can allow us to reframe a thought into a healthier belief.

Answer the following questions to challenge your unhelpful/irrational thought:

- ❖ What negative thought about a situation/incident/experience am I having?

- ❖ What evidence/facts support my thought? Is there evidence contrary to or against my thought?

- ❖ Am I interpreting/judging/labeling the situation or experience without examining all of the evidence?

- ❖ How would a friend think about this situation? What would a friend say?

- ❖ How can I think about the situation/incident in a positive way?

- ❖ Will this situation or experience matter six months from now? How about one year from now? Five years?

Challenge Anxiety

❖ Practice identifying a rational statement for the following anxiety-producing thoughts:

Anxiety-Producing Thought	Rational Thought/Belief/Statement
I know I won't be able to finish my work on time.	Example: I can work for 30 minutes and see how far I get; I might get most of my work finished and can complete the rest after a short break.
I can't go to class like this – everyone will notice me.	
I can't face or ask the professor for help. They're going to be upset with me.	

❖ Now, practice identifying unhealthy/unhelpful thoughts you experience and reframing it to a more balanced rational thought:

Anxiety-Producing Thought	Rational Thought/Belief/Statement



Thought Log

Event/Trigger	Thought	Emotion/Behavior	Reframe/Alternate Response



Online Resources

UCLA Mindful Awareness Research Center

uclahealth.org/programs/marc

Meditation Oasis

meditationoasis.com

Mindful

mindful.org

UC San Diego Center for Mindfulness

health.ucsd.edu/specialties/mindfulness

Apps for your Smartphone, Tablet, or Computer

ACT Coach — Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding/being controlled by them. Learn exercises, tools, information, and practice with tracking logs.

Breathe2relax — Stress management tool provides detailed information on the effects of stress on the body with practice exercises to help you learn a stress management skill called 'diaphragmatic breathing'.

CBTi-Coach — Learn the process of sleep, positive sleep routines, and improve sleep environments. This structured program will teach strategies to improve sleep and help alleviate symptoms of insomnia.

Mindfulness Coach — Learn how to reduce stress, improve emotion regulation, increase self-awareness, manage anxiety/depression, and cope with chronic pain through the practice of Mindfulness.

Mindshift — Learn skills to manage everyday anxiety. Develop helpful ways of thinking and learn tools to tackle: Sleep, Intense Emotions, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

T2 Mood Tracker — Monitor and rate your mood on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being) or build your own custom scale. The ratings will be displayed on graphs to help you track your mood over time.

Take a break! — Enjoy and learn the deep relaxation, stress relief and benefits of meditation. Choose from two audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), and listen with or without music/nature sounds.



Santa Ana College Off-Campus Resources

Crisis Contacts/Hotlines

In the event of an emergency, contact **campus safety (714) 564-6330 or dial 911**

- **Suicide and Crisis Lifeline (24/7)**
988 988lifeline.org/
- **Orange County 24-Hour Crisis Hotline**
(877) 727-4747
- **Sexual Assault/Rape Crisis Hotline**
(800) 656-4673 or (714) 957-2737
- **National Alliance On Mental Illness (NAMI) Warmline for emotional support**
(714) 991-6412
*Live Chat available through www.namio.org/oc-warmline
- **National Drug/Alcohol Abuse Hotline**
(800) 662-4357
- **National Domestic Violence Hotline**
(800) 799-7233
*Live chat available through www.thehotline.org
Orange County: (714) 992-1931
- **LGBT National Help Center**
(888) 843-4564 ; <http://www.glnh.org>
- **24-Hour Information and Helpline**
2-1-1 or (888) 600-4357
Free or low cost health and human service programs in OC
www.211oc.org
- **24/7, Free and Confidential Crisis Text Line:**
Text "COURAGE" to 741741
- **OC Links Information and Referral Line**
(855) 625-4657

Family/Child Based Services

- **Catholic Charities of Orange County Santa Ana**
(714) 347-9600
Social services to families, children, and seniors
- **Child Guidance Center – Santa Ana**
(714) 953-4455 – www.cgcoc.org
- **Families and Communities Together (FaCT) Orange** (714) 566-2878
www.factoc.org
Counseling, family advocacy/case, family health & wellness, adoption support
Santa Ana (714) 480-3737
- **Family Enrichment Center – Anaheim**
(714) 758-1884
- **Mariposa Counseling Center -Orange**
(714) 547-6494 www.mariposacenter.org
Low cost mental health/substance abuse services, life skills, and support services
- **Orangewood Children's Home – Orange**
(714) 935-7584 www.orangewoodfoundation.org
Foster & Youth community services

Housing/Food/Community

- **Abrazar, Inc. - Westminster**
(714) 893-3581 www.abrazarinc.com
Computer classes, food, transportation, English literacy
- **Access California Services – Anaheim**
(714) 917-0440 www.accesscal.org
- **Community Action Partnership of Orange County – Garden Grove**
(714) 897-6670
- **Homeless Shelters:**
www.homelessshelterdirectory.org
Santa Ana Hospitality House – Salvation Army
(714) 542-9576
Thomas House Temporary Shelter – Santa Ana
(714) 554-0357
Mercy House – Santa Ana
(714) 836-7188
Orange County Rescue Mission – Tustin
(714) 247-4300
WISEPlace for Women Shelter – Santa Ana
(714) 542-3577
Grandma's House of Hope – Women and Children
(714) 833-5333
- **Illumination Foundation – Stanton**
(714) 507-2459 - www.ifhomeless.org
Housing, case management, workforce development, medical & tutoring programs
- **Second Harvest Food Bank of Orange County**
(949) 653-2900 - Irvine

Psychotherapy/Counseling

- **Argosy University Therapeutic Assessment & Psychological Services - Orange**
(714) 620-3810
- **CARE Counseling Center – Santa Ana/Anaheim**
(714) 836-9900
- **Chapman University Community Clinic – Orange**
(714) 997-6746
- **Community Counseling & Supportive Services**
(714) 645-8000
- **Community Counseling St. Joseph Hospital**
(714) 771-8243
- **FACES (Medi-Cal)**
(714) 447-9024
- **Mental Health Association of Orange County**
(714) 547-7559
- **Vista Community Clinic (Medi-Cal)**
(844) 308-5003
- **Medi-Cal Phone Support: (800) 541-5555**
OC: (800) 281-9799
LA: (626) 569-1399
- **CalOptima Behavioral Health Line:**
(855) 877-3885

Santa Ana College Off-Campus Resources

Substance Use

- **Alta Institute Inc. – Fullerton**
(714) 680-0241
- **OC Healthcare Agency – Santa Ana**
(714) 480-6660
- **Directory of Sober Living Homes:**
www.soberhousing.net
- **Orange County AA directory:**
www.oc-aa.org
- **Phoenix House – Santa Ana**
(714) 953-9373

Career & Education

- **Orange County Conservation Corps – Anaheim**
(714) 956-6222 ; www.hireyouth.org
*Job training and education program for young adults
- **OC Workforce Solutions**
(714) 241-4900
www.ocworkforcesolutions.com
*Job search assistance, employment workshops/resources
- **Santa Ana W/O/R/K Center (Work, Opportunity Resources, Knowledge)**
(714) 565-2668

Health-Based Resources

- **Hurttt Family Health Clinic – Tustin/Santa Ana**
(714) 247-0300
www.hurtttclinic.org
- **Orange County Dental & Health Care Agency Clinic**
(800) 564-8448
- **Obria Medical Clinics (Women Wellness) Orange**
(714) 516-9045
- **Planned Parenthood of Orange County Santa Ana** (714) 922-4100
Find a Center: (800) 230-7526
www.plannedparenthood.org
- **Share Ourselves (SOS) – El Sol Wellness Centers Santa Ana** (949) 270-2100
www.shareourselves.org
Low cost health care services, pharmacy services, behavioral health, and women's health.

Specific Populations

- **Caregiver Resource Center – Fullerton**
(714) 446-5030 – www.caregiveroc.org
- **Domestic Violence Shelters in O.C.**
Laura's House: (949) 498-1511
Interval House: (714) 891-8121
Women's Transitional Living (714) 992-1931
- **Human Options Counseling Center – Domestic Violence Survivor - Santa Ana**
(714) 480-3737
- **Orange County Asian and Pacific Islander Community Alliance (OCAPICA) – Garden Grove**
(714) 636-9095 www.ocapica.org
- **Domestic Violence Assistance Program**
(714) 935-7956
- **Southern California Indian Center – Fountain Valley – (714) 962-6673**
Assistance to American Indians, native Alaskans, and Native Hawaiians
- **The Center Orange County (LGBTQ) – Santa Ana**
(714) 953-5428
- **OC ACCEPT (LGBTQ)**
(714) 645-8000
- **OC4Vets**
(714) 480-6476
- **VA Clinic – Santa Ana**
(714) 434-4600
- **Women, Infants, & Children (WIC) Supplemental Nutrition Program – Santa Ana**
(888) 942-2229

Financial & Legal

- **Consumer Credit Counseling Service of Orange County**
(800) 550-1961
www.greenpath.com/cccsoc/
Financial education & counseling
- **Community Legal Aid SoCal**
(800) 834-5001
Legal needs for low-income
- **Orange County Legal Aid**
- **Public Law Center – Santa Ana**
(714) 541-1010
Low income legal services
- **WHW – employment support services**
(949) 631-2333



Orange County Low Cost Community Health Centers

Health Center Name	Address	Appointment Phone	Other Languages Spoken	Evening/ Sat/Sun	Child	Adult	Prenatal	Dental	Mental Health	Vision	Medical Mobile	Dental Mobile
ANAHEIM												
AltaMed Medical & Dental Group	1325 N. Anaheim Blvd	888-499-9303	Chinese, Spanish, Tagalog, Vietnamese	●	●	●	●	●			●	●
UCI FHC Anaheim	2441 W. La Palma Ave., Suite 100	657-282-6356	Spanish, Tagalog, Vietnamese, Mandarin	●	●	●	●					
Central City Community Health Center	2237 W. Ball Road	714-490-2750	Spanish	●	●	●	●	●	●		●	●
BUENA PARK												
KCS Health Center	7212 Orangethorpe Ave., #9A	714-503-6550	Spanish, Korean			●	●	●	●		●	●
St. Jude Pediatric Dental Center	7758 Knott Ave, Buena Park	714- 522-8723	Spanish, Korean		●			●				●
COSTA MESA												
SOS Community Health Center & Dental	1550 Superior Ave.	949-642-3451	Spanish	●		●		●	●			
Hope Clinic	2045 Myer Place, Bldg. C	949-515-6725	Spanish	●	●							
FULLERTON												
Family Health Matters	901 W. Orangethorpe Ave.	714-441-0411	Spanish, Tagalog		●	●	●		●	●	●	
Sierra Health Center	501 S. Brookhurst	714-870-0717	Spanish, Tagalog		●	●	●					
Lestonnac Free Clinic	505 E Commonwealth Ave.	714-399-4571	Spanish	●		●						
St. Jude Neighborhood Health Centers	731 S. Highland Ave.	714-446-5100	Spanish	●	●	●	●	●	●			
GARDEN GROVE												
AltaMed Medical Group	12751 Harbor Blvd.	888-499-9303	Spanish, Vietnamese, Chinese, Tagalog, Portuguese, Arabic	●	●	●	●				●	
Central City Community Health Center	12511 Brookhurst St., 2nd Floor	714-643-7176	Spanish			●			●			
CHOC Clinic	10602 Chapman Ave.	888-770-2462	Spanish		●							
Healthy Smiles for Kids of Orange County	10602 Chapman Ave., Suite 200	714-537-0700	Spanish	●				●				
Lestonnac Free Clinic	10861 Acacia Pkwy.	714-497-9564	Spanish	●		●						
Nhan Hoa Comprehensive Health Center	7761 Garden Grove Blvd.	714-898-8888	Spanish, Vietnamese, Chinese	●	●	●		●	●	●		
VNCOC Southland Health Center	9862 Chapman Ave., Suite B	714-418-2040	Vietnamese, Spanish	●	●	●	●	●	●			
HUNTINGTON BEACH												
AltaMed Medical & Dental Group	8041 Newman Ave.	888-499-9303	Spanish, Vietnamese, Farsi	●	●	●	●	●				
LA HABRA												
Friends of Family Health Center	501 S. Idaho St., Suite 260	562-690-0400	Farsi, Spanish, Arabic, Korean, Hindu, Chinese	●	●	●	●	●	●			
Vista Community Clinic: The Gary Center	201 S. Harbor Blvd.	562-264-6000	Farsi, Korean, Spanish	●	●	●	●	●	●			
LAGUNA BEACH												
Laguna Beach Community Clinic	362 Third St.	949-494-0761	Spanish, Farsi	●	●	●	●	●				
LAKE FOREST												
Camino Health Center	22481 Aspan St., Suite A	949-240-2272	Spanish, Farsi, Tagalog	●	●	●		●	●	●		

Health Center Name	Address	Appointment Phone	Other Languages Spoken	Evening/Sat/Sun	Child	Adult	Prenatal	Dental	Mental Health	Vision	Medical Mobile	Dental Mobile
LOS ALAMITOS												
Lestonnac Free Clinic	3801 Katella Ave., Suite 301	562-493-4466	Spanish	●		●		●		●		
MISSION VIEJO												
SOS Community Health Mission Viejo	27725 Santa Margarita Parkway #101	949-270-2100	Spanish, Vietnamese		●	●	●	●	●			
NEWPORT BEACH												
SOS Children & Family Health Center	307 Placentia Ave., Suite 107	949-270-2100	Spanish		●	●		●	●	●		
SOS Beauchamp Dental Center	307 Placentia Ave., Suite 202	949-270-2100	Spanish		●	●		●				
ORANGE												
AltaMed Medical Group	4010 E. Chapman Ave., Suite C	888-499-9303	Spanish, Farsi, Korean		●	●	●				●	●
CHOC Clinic at Orange	3745 W. Chapman Ave	888-770-2462	Spanish	●	●			●	●		●	
La Amistad Family Health Center	725 W. La Veta Ave., Suite 260	714-771-8006	Spanish			●		●	●	●		
Lestonnac Free Clinic	1215 E. Chapman Ave.	714-633-4600	Spanish	●		●		●		●		
SAN CLEMENTE												
Camino Health Center	1300 Avenida Vista Hermosa, Suite 250	949-240-2272	Spanish, Farsi	●	●	●		●	●			
SAN JUAN CAPISTRANO												
Camino Health Center	30300 Camino Capistrano	949-240-2272	Spanish	●	●	●	●	●	●			
SANTA ANA												
AltaMed Medical Group	2720 S. Bristol St., Suite 110	888-499-9303	Spanish, Vietnamese, Arabic	●	●	●	●				●	●
AltaMed Medical & Dental Group	1400 N. Main St.	888-499-9303	Spanish, Vietnamese, Chinese, Tagalog		●	●	●	●			●	●
CHOC/Boys and Girls Club	1000 W. Highland	888-770-2462	Spanish	●	●						●	●
Hurtt Family Health Clinic	1100 N. Tustin Ave.	714-247-0300	Spanish		●	●		●	●	●	●	
Obria Medical Clinic	2001 E. 1st St	714-516-9045	Spanish			●	●				●	
Serve The People Community Health Center	1206 E. 17th St., #101	714-352-2911	Spanish	●	●	●	●	●	●	●	●	●
SOS-EL SOL Wellness Center	1014 N. Broadway	949-270-2100	Spanish		●	●	●		●	●		
UCI FHC Santa Ana	800 N. Main St.	657-282-6355	Korean, Spanish, Vietnamese	●	●	●	●	●	●	●	●	
STANTON												
Central City Community Health Center	12116 Beach Blvd.	714-898-2222	Spanish, Vietnamese		●	●	●				●	●
Livingstone Community Health Clinic (Food Pantry available)	12362 Beach Blvd., Suite 10	714-248-9500	Hindu, Gujarati, Korean, Spanish	●	●	●		●				
TUSTIN												
Families Together of Orange County	661 W. First St. Suite G	1-800-597-7977	Spanish, Farsi	●	●	●	●	●	●	●	●	●
Friends of Family Health Center	13152 Newport Ave., Suite B	714-263-8600	Spanish, Vietnamese, Farsi, Chinese, Hindu		●	●	●	●	●	●		
Hurtt Family Health Clinic	One Hope Drive	714-247-0300	Spanish		●	●		●	●	●	●	

Clinic hours of operation and services are subject to change. Please call the clinics for specific information.



Healthier Referral Line:
1-800-564-8448



For access to a 24-hour, information and referral helpline, dial 2-1-1.

The Coalition of Orange County Community Health Centers

<http://www.coccc.org>