

June



2009

# Atlanta Center for Eating Disorders

## Toolbox: The Cognitive Game

Match the following statements to the Thinking Errors/Cognitive Distortions below:

- a. "So what if I've lost a lot of weight? My boyfriend tells me that I need to lose more."
- b. "I'm such a freak, such a failure."
- c. "I used to be a normal weight and I wasn't happy. So I *know* gaining weight isn't going to make me happy."
- d. "I've gained some weight—now my life is over. I'll never be able to wear a swim suit."
- e. "If I start eating pasta, I just *know* it'll be transformed to fat."
- f. "Eating is the only thing over which I have control."
- g. "I should be able to stop binge eating and purging. Everyone else in the group has stopped."
- h. "If I gain 2 pounds, I'll gain 200 pounds."
- i. "Anyone could have done as well as I did."
- j. "I just know those people are talking about the size of my hips."
- k. "I got a C on my exam. I am stupid and suck at everything."

## Thinking Errors/ Cognitive Distortions

1. Dichotomous or All-or-Nothing Thinking-thinking in extreme and absolute terms (black/white, right/wrong, good/bad).
2. Overgeneralizing-extracting a rule based on one event and applying it to other situations. Patterns of defeat are seen as never ending.
3. Mental Filter or Selective Abstraction-basing a conclusion on isolated details while ignoring contradictory and more salient evidence.
4. Disqualifying the Positive-positive experiences are rejected when one insists they "don't count" for various reasons. In this way, one can maintain a negative belief that is contradicted by everyday experiences.
5. Magnification (Catastrophizing)-overestimation of the importance of undesirable consequences. Stimuli are exaggerated with surplus meaning, not supported by an objective analysis.
6. Minimization-positive characteristics or experiences are treated as insignificant.
7. Emotional Reasoning-believing the cause-effect relationship of non-contingent events.
8. Should Statements-one's language is dominated with "should" and "shouldn't." "Must" and "ought to" are also offenders. The emotional consequence is guilt.
9. Labeling and Mislabeling-this is an extreme form of overgeneralization. Instead of describing an error, a negative label is attached; this results in language that is highly colored and emotional.
10. Mindreading/Personalization and Self-Reference-egocentric interpretations of impersonal events or over-interpretation of events relating to the self. You believe you know what others are thinking and failing to consider other, more likely possibilities.
11. Tunnel Vision-you only see the negative aspects of a situation.

Answers on Page 2

## Introducing our new Blog!

In addition to the monthly newsletter, now you can get As-It-Happens news from ACE, including weather and holiday closures. At the new ACE blog you can comment and share about your experiences with ACE and your recovery.

You can find our new blog at <http://atlantacenterforeatingdisorders.blogspot.com>



**Congratulations To Dr. Rose**  
on the birth of her new child.  
On Friday, May 8th at 12:08 am, Dr. Rachel Rose gave birth to a 5 lb., 11 oz baby girl.





It All Matters...

Every time I take one less look at myself in the mirror... and one more look at something beautiful in nature, my husband's smile, or my dog's adorable face

Every time I choose to take one more bite to nourish my body or one less bite to respect my fullness

Every time I move one less step because my body needs to rest or move one more step because I like the way my body can move

Every time I choose to hear a note of music in stead of another destructive thought

Every time I decide to not read a magazine that highlights a new diet and choose to read an inspirational book about recovery

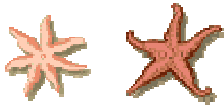
Every time I tell myself I have a size and I am not my size

No matter where you are in recovery it all matters. Most of all you matter.

Have hope, find forgiveness, create everyday miracles



-- MT



## ACE HOUSE: A Therapeutic Bed and Breakfast

**ACE House** is located across the street from ACE's central facility in Dunwoody, Georgia. Guests are expected to attend the ACE Intensive Outpatient Program and may extend their stays as they taper down from intensive treatment and seek full-time, part-time or volunteer work. Licensed to operate as a Personal Care Home, ACE House offers a comfortable, secure and convenient residential option to any program participants who:

- have no intensive treatment options in their local area.
- cannot live at home while in intensive treatment.
- are completing other residential programs and need to step down in the Atlanta area.
- do not require inpatient treatment but would benefit from intensive treatment.

Breakfast is served each morning at ACE House, and detailed menus are posted weekly. Meal planning, cooking lessons, community meetings and other services complement recovery skills taught in the ACE program.

**Contact ACE** for room rates, availability and other details.

**Toolbox:** The Cognitive Game– Answers

Key:a)6 b)9 c)2 d)5 e)7 f)3 g)8 h)1 D)4 j)10 k)11

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