



## 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.



## Cognitive Therapy Techniques 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.”





## 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.                              | <b>Example:</b> 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

Center for Mindfulness in Medicine, Health Care, and Society

[umassmed.edu/cfm](http://umassmed.edu/cfm)

Mayo Clinic Stress Reduction Website

[mayoclinic.com/health/mindfulness-exercises/MY02124](http://mayoclinic.com/health/mindfulness-exercises/MY02124)

Meditation Oasis

[meditationoasis.com](http://meditationoasis.com)

Mindful

[mindful.org](http://mindful.org)

UC San Diego Center for Mindfulness

[health.ucsd.edu/specialties/mindfulness](http://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 Prevention 24-Hour Lifeline**  
(800) 273-8255
- **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.namioc.org/oc-warmline](http://www.namioc.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](http://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](http://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](http://www.cgcoc.org)
- **Families and Communities Together (FaCT) Orange** (714) 566-2878  
[www.factoc.org](http://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](http://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](http://www.orangewoodfoundation.org)  
Foster & Youth community services

## Housing/Food/Community

- **Abrazar, Inc. - Westminster**  
(714) 893-3581 [www.abrazarinc.com](http://www.abrazarinc.com)  
Computer classes, food, transportation, English literacy
- **Access California Services – Anaheim**  
(714) 917-0440 [www.accesscal.org](http://www.accesscal.org)
- **Community Action Partnership of Orange County – Garden Grove**  
(714) 897-6670
- **Homeless Shelters:**  
[www.homelessshelterdirectory.org](http://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](http://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](http://www.soberhousing.net)
- **Orange County AA directory:**  
[www.oc-aa.org](http://www.oc-aa.org)
- **Phoenix House – Santa Ana**  
(714) 953-9373

## Career & Education

- **Orange County Conservation Corps – Anaheim**  
(714) 956-6222 ; [www.hireyouth.org](http://www.hireyouth.org)  
\*Job training and education program for young adults
- **Orange County One-Stop**  
(714) 565-2600 [www.oconestop.com](http://www.oconestop.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](http://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](http://www.plannedparenthood.org)
- **Share Ourselves (SOS) – El Sol Wellness Centers Santa Ana** (949) 270-2100  
[www.shareourselves.org](http://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](http://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](http://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  
[www.ochealthinfo.com/oc4vets](http://www.ochealthinfo.com/oc4vets)
- **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/](http://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 ; [www.whw.org](http://www.whw.org)



## BEHAVIORAL HEALTH FROM COMMUNITY CLINICS

| <b>Name</b>  | <b>Address</b>                             | <b>City</b>  | <b>Phone Numbers</b> |
|--|--|--------------|----------------------|
| VNCOC Southland Health Center                          | 9863 Chapman, Suite B                      | Garden Grove | 714-418-2040         |
| VCC: The Gary Center Substance Abuse Counseling Center | 1525 E. 17 <sup>th</sup> Street, Suite B   | Santa Ana    | 714-542-0400         |
| VCC: The Gary Center                                   | 201 S. Harbor Blvd.                        | La Habra     | 562-264-6000         |
| UCI Family Health Center                               | 300 W. Carl Karcher Way                    | Anaheim      | 714-491-9804         |
|  | 800 N. Main Street                         | Santa Ana    | 714-480-2443         |
| St Jude Neighborhood Health Center                     | 731 S. Highland Ave                        | Fullerton    | 714-446-5100         |
| SOS-El Sol Wellness Center                             | 1014 N. Broadway                           | Santa Ana    | 949-270-2160         |
| SOS Community Health Center                            | 1550 Superior Ave                          | Costa Mesa   | 949-270-2100         |
| Nhan Hoa Comprehensive Health Center                   | 7761 Garden Grove Blvd.                    | Garden Grove | 714-898-8888         |
| KCS Health Center                                      | 7212 Orangethorpe Ave, Suite 9A            | Buena Park   | 714-503-6550         |
| Hurttt Family Health Center                            | One Hope Drive                             | Tustin       | 714-247-0300         |
|  | 1100 N. Tustin Ave                         | Santa Ana    |                      |
| Central City Community Health Center                   | 2237 W. Ball Road                          | Anaheim      | 714-490-2750         |
|  | 12511 Brookhurst St, 2 <sup>nd</sup> Floor | Garden Grove | 714-643-7176         |