Handout 5.2: Turning TICS Into TOCS

The following is a 2-page worksheet for identifying your task-interfering thoughts, the types of distortion behind those thoughts, and rational alternatives. This is based on the work of author David Burns.

TICS (Task-Interfering Cognitions)	Types of Cognitive Distortion	TOCS (Task-Oriented Cognitions)
Example: "I'll never feel better."	Fortune telling, all-or-nothing thinking, sense of futility	"I will feel better once I become more active in my healing."

Sample Types of Faulty-Thinking Habits

1. *Catastrophizing.* You label things are horrible and awful instead of unfortunate and disappointing. *Example: "This is HORRIBLE!"*
2. *Fortune telling.* You think you can predict the future. *Example: "I'll never find anyone who will be interested in me. I'll be alone the rest of my life."*
3. *Black-and-white thinking.* You make all-or-nothing assumptions. *Example: "Men are liars."*
4. *Personalization.* You blame yourself for things out of your control. *Example: "I am to blame for my child's issues."*
5. *Jumping to conclusions.* You make assumptions and regard them as fact. *Example: "He told me he couldn't come to the party because he just doesn't like me."*
6. *Labeling.* You label yourself and other instead of being specific. *Example: Instead of saying " I made a mistake," you label yourself a "failure" or a "loser."*
7. *Magnification.* You make mountains out of molehills. *Example: "This is the worst day of my life"*
8. *Minimization.* You deny things are an issue when they are. *Example: You say "It's not a big deal" (when it really is) or "I don't care" (when you really do).*
9. *Mental filter.* You focus on one negative detail and not the whole picture, discounting the positives. *Example: "I am ugly because of my large nose."*
10. *"Should" statements.* You make self-downing judgments that keep you feeling down and stuck. *Example: "I should be able to get more done."*
11. *Sense of futility.* You assume things are futile and pointless. You feel doomed to fail. *Example: "Why even try?"*