**Handouts 1: List of automatic thoughts and strategies**

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| COGNITIVE DISTORSION OR AUTOMATIC THOUGHTS |  |
| DEFINITION | **Mechanism** | **typical wordings** |
| Draw wrong general conclusions from one concrete fact | **overgeneralisation** | *Everybody..Always...Nobody...* |
| Simplistic assertions about oneself or the others | **global judgement** | *I’m a.…I’m very...* |
| Considering things from only negative way | **selective abstraction** | *This is bad... and this...**And this... and this...* |
| Looking at things as a whole (good or bad) aspect | **all-or-nothing /Black and white****(manichean thought)** | *This is totally...I’m completely...* |
| Feel guilty about everything, regardless of whether or not being responsible of what occurred. | **self-accusation** | *I don’t know how, but I should have avoided it...I always ruin everything* |
| To feel that what’s happening around is always related with oneself  | **Personalisation** | *It is for me he doesn’t come...he said that because of me...* |
| Believe that the others see things in the same way as oneself | **Projection** | *I do not understand why we don't do that if my brother likes it...**I’m cold so put you on this sweater...* |
| Think that everything is under our control. | **Hyper-self-control** | *I can do everything...* |
| Think that nothing is under our control. | **Hypo-egoic self-control** | *I can’t do nothing...**Happens what happens...* |
| Use feelings, prejudices,sympathy or aversion toassess reality. | **emotional thinking** | *I don’t like him/her, that’s why he/she’s doing bad...**This is cool, that’s why it is good...* |

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| “**strategies to cope with automatic thoughts**” |
| * Break with A.T. (forceful words or sentences): no, you’re lying, shut up, stop with this crap, it’s not true…
* Unmask the mechanism.
* Fact-based analysis taking into account the whole reality under its different aspects.
* Positive thoughts, looking at the good side of things.
* Self-assert our own worth and possibilities in a realistic and optimistic way.
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**Handouts 2: List of cases to analyse**

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| **Examples of automatic thoughts to be solved in group**: |
| * No matter if I was saying to go to the plaza, nobody did pay attention to me. They never listen to me.
* I failed three exams. Teachers have it in for me. There is no way...
* Erika has revealed my secret. You can't trust anyone.
* You can say what you want but people doesn't have the same rights, end of the story.
* I have asked support to a school mate but he doesn't want. Nobody wants to hear from me.
* Some people are bullying me and I don't know what to do. They say I'm a dum and I don't know what to do.
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