

CARD #1

Negative Self-Talk

CBT TRAP: CATASTROPHIZING

"This situation is a total disaster. Everything is going to fail, and I won't be able to handle it."

CARD #2

Negative Self-Talk

CBT TRAP: ALL-OR-NOTHING THINKING

"I made one mistake. I'm a complete failure at this. There's no point in even trying anymore."

CARD #3

Negative Self-Talk

CBT TRAP: MIND READING

"They're looking at me. They must think I'm stupid and incompetent. I can tell they're judging me."

CARD #4

Negative Self-Talk

CBT TRAP: PERSONALIZATION

"It's my fault that they are upset. I must have done something wrong to make them feel this way."

CARD #5

Negative Self-Talk

CBT TRAP: "SHOULD" STATEMENTS

"I should be further along in my life. I shouldn't be feeling this way. I'm such a disappointment."

CARD #6

Negative Self-Talk

CBT TRAP: EMOTIONAL REASONING

"I feel so guilty, so I must have done something awful. My feelings are proof that I'm a bad person."

CARD #2

Positive Replacement

CBT SHIFT: DIALECTICAL THINKING

"One mistake does not define my abilities. I can be competent and make an error. This is a learning opportunity, not a defining failure."

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CARD #1

Positive Replacement

CBT SHIFT: DECATASTROPHIZING

"This is a difficult moment, but it's not a disaster. I have gotten through hard times before, and I can take steps to manage this one, too."

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CARD #4

Positive Replacement

CBT SHIFT: ATTRIBUTION CHECK

"Other people are responsible for their own emotions. I can offer support, but I am not the cause of, or responsible for, their unhappiness."

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CARD #3

Positive Replacement

CBT SHIFT: CHECKING THE EVIDENCE

"I don't know what they're thinking. They might be looking at me for a dozen unrelated reasons. My worth isn't determined by their imagined opinion."

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CARD #6

Positive Replacement

CBT SHIFT: FACT-CHECKING

"My feelings are real, but they are not facts. Feeling guilty doesn't mean I am guilty. I can acknowledge the emotion without accepting it as truth."

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CARD #5

Positive Replacement

CBT SHIFT: ACCEPTANCE

"My journey is unique. The word 'should' only causes pressure. I accept where I am right now, and I can make choices to move forward at my own pace."

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CARD #7

Negative Self-Talk

CBT TRAP: OVERGENERALIZATION

"This always happens. Nothing ever goes my way. I'm just unlucky, and I'll always be stuck like this."

CARD #8

Negative Self-Talk

CBT TRAP: MENTAL FILTER

"I got 10 compliments and 1 critique. That critique is all that matters. It proves that I'm doing everything wrong."

CARD #9

Negative Self-Talk

CBT TRAP: LABELING

"I'm so weak and broken. There's something fundamentally wrong with me that I can't just be 'normal.'"

CARD #10

Negative Self-Talk

CBT TRAP: DISCOUNTING THE POSITIVE

"That success doesn't count. Anyone could have done it. It was just luck. I can't take credit for it."

CARD #11

Negative Self-Talk

CBT TRAP: FORTUNE TELLING

"I just know this is going to be a disaster. Why even try? I can predict the future, and it looks bad."

CARD #12

Negative Self-Talk

CBT TRAP: MAGNIFICATION/MINIMIZATION

"My anxiety is a huge, insurmountable monster that will consume me. My strengths are tiny and useless. I am powerless."

CARD #8

Positive Replacement

CBT SHIFT: BALANCED THINKING

"I will acknowledge the critique as useful feedback, but I will not let it overshadow the overwhelming positive evidence. The 10 compliments are valid, too."

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CARD #7

Positive Replacement

CBT SHIFT: NONSPECIFIC THINKING

"This is a singular event, not a universal pattern. Things often do go my way, and this time is just an outlier. I have the power to influence my future."

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CARD #10

Positive Replacement

CBT SHIFT: RECOGNIZING ACHIEVEMENT

"I achieved that through hard work and skill, not luck. Discounting my success is a disservice to my efforts. I worked for it, and I deserve to celebrate it."

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CARD #9

Positive Replacement

CBT SHIFT: COMPASSIONATE LABELING

"I am a person experiencing a difficult time. My struggles demonstrate resilience, not weakness. I am a complex human, not a broken object."

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CARD #12

Positive Replacement

CBT SHIFT: SCALE AND PERSPECTIVE

"My anxiety is a powerful feeling, but I am more than just my anxiety. I have proven strengths that are real and that I can use to cope."

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CARD #11

Positive Replacement

CBT SHIFT: REALITY TESTING

"I cannot predict the future. Predicting disaster is a choice, and so is staying open to the possibility of a neutral or even positive outcome. I'll give it my best shot."

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CARD #13

Negative Self-Talk

CBT TRAP: BLAMING

"It's all their fault. If they had just listened, I wouldn't be in this mess. They are the reason for my pain."

RECOGNIZING CBT FLASHCARDS

CARD #14

Negative Self-Talk

CBT TRAP: MUST-THINKING

"I must be perfect in every way. If I am not, I am worthless. I have to please everyone."

RECOGNIZING CBT FLASHCARDS

CARD #15

Negative Self-Talk

CBT TRAP: ALWAYS/NEVER THINKING

"I never get any support. No one ever listens to me. I'm completely on my own, always."

RECOGNIZING CBT FLASHCARDS

CARD #16

Negative Self-Talk

CBT TRAP: NEGATIVE FILTER

"This day is going to be terrible. I can already find 10 reasons why. I'm just seeing the negativity."

RECOGNIZING CBT FLASHCARDS

CARD #17

Negative Self-Talk

CBT TRAP: PERSONALIZING

"That person laughed as they walked by. They were definitely laughing at me. I'm so embarrassing."

RECOGNIZING CBT FLASHCARDS

CARD #18

Negative Self-Talk

CBT TRAP: LABELING

"I'm a toxic person. That's just who I am. I can't change."

RECOGNIZING CBT FLASHCARDS

CARD #14

Positive Replacement

CBT SHIFT: PREFERENCES & COMPASSION

"I prefer to do well, but I don't must. My worth is not tied to perfection. I can be a valuable person while having human flaws."

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CARD #13

Positive Replacement

CBT SHIFT: RADICAL RESPONSIBILITY

"I may have been wronged, but I am in charge of my own reactions and healing. Blaming them makes me powerless. I will reclaim my power."

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CARD #16

Positive Replacement

CBT SHIFT: POSITIVE RE-FRAME

"I can choose to look for positive or even neutral moments in this day. Focusing only on the negative is a filter I can choose to take off."

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CARD #15

Positive Replacement

CBT SHIFT: SPECIFIC & FACTUAL

"'Never' and 'always' are rarely true. I can think of specific times I've received support. It's helpful to communicate my needs clearly."

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CARD #18

Positive Replacement

CBT SHIFT: GROWTH MINDSET

"I am a person with a capacity for growth and change. Identifying my behaviors as problematic is an opportunity to learn new, healthy ways of being."

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CARD #17

Positive Replacement

CBT SHIFT: ALTERNATE EXPLANATIONS

"They were laughing, but I have zero evidence it was about me. They could have been sharing a joke or remembered something funny. It's not all about me."

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CARD #19

Negative Self-Talk

CBT TRAP: FORTUNE TELLING

"If I go to that party, it will be a complete and total social disaster. I'll embarrass myself and have no one to talk to."

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CARD #20

Negative Self-Talk

CBT TRAP: PERSONALIZING

"My boss is in a bad mood. It's definitely because of something I did. I'm going to get fired."

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CARD #21

Negative Self-Talk

CBT TRAP: CATASTROPHIZING

"This chest pain must be a heart attack. I'm going to die. This is the end."

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CARD #22

Negative Self-Talk

CBT TRAP: SHOULD-THINKING

"I should have done that differently. I'm such a stupid person for not knowing."

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CARD #23

Negative Self-Talk

CBT TRAP: MIND READING

"My partner didn't text back immediately. They must be angry with me. They must be thinking about leaving."

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CARD #24

Negative Self-Talk

CBT TRAP: DISCOUNTING THE POSITIVE

"I managed my anxiety for a week, but that's only because it wasn't real anxiety this time. It doesn't count."

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CARD #20

Positive Replacement

CBT SHIFT: ALTERNATE VIEWS

"My boss's mood could be about a hundred other things: stress, a long day, or something personal. It is very unlikely to be solely about me."

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CARD #19

Positive Replacement

CBT SHIFT: TESTING THE EVIDENCE

"I don't know the future. I have successfully managed social events in the past. If it does get awkward, I can always take a break or leave."

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CARD #22

Positive Replacement

CBT SHIFT: COMPASSIONATE LEARNING

"I can learn from that. Knowing now how I feel, I can make a different choice next time. This is part of the learning process, not my definition as a person."

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CARD #21

Positive Replacement

CBT SHIFT: CHECKING THE FACTS

"It's a scary feeling, but chest pain can be a lot of non-fatal things (like anxiety or indigestion). I can practice calming my nervous system and check with a professional if needed."

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CARD #24

Positive Replacement

CBT SHIFT: VALIDATED ACHIEVEMENT

"That week of managing my anxiety was a significant achievement. It counts because I worked for it and proved I can do it. Every success is valid."

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CARD #23

Positive Replacement

CBT SHIFT: REALITY CHECK

"They might be busy, driving, have their phone on silent, or be in a meeting. Jumping to the conclusion that they are angry or leaving is a choice I don't have to make."

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