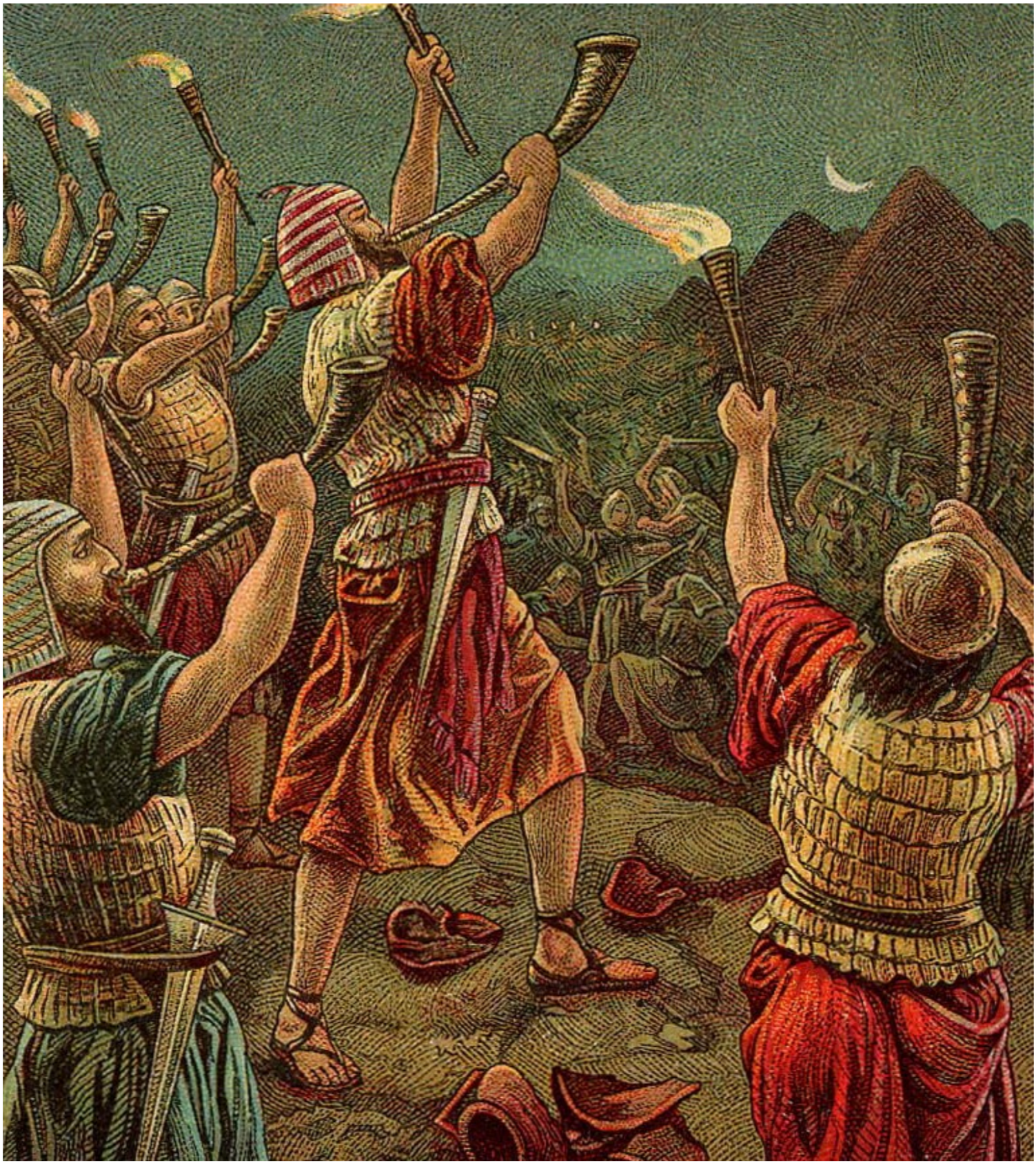# God's Procedure - Part 1

Judges 7:4-7

IANACC
IANAD

Didn't Even Stay at Holiday Inn Express last night…

Cognitive Distortions

Not Thinking Fairly
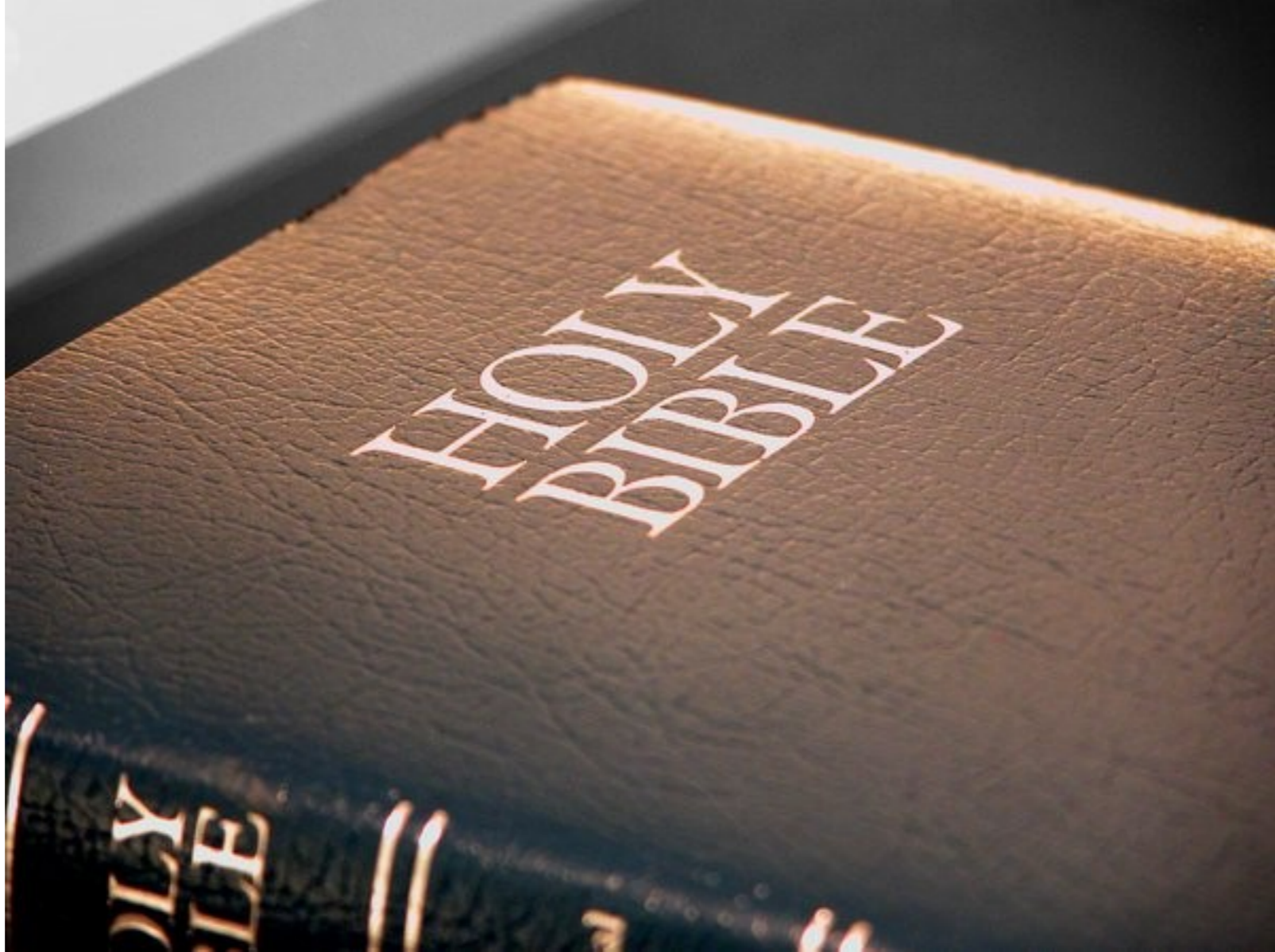
Nathan Jernigan

DAVID D. BURNS, M.D.

THE
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GOOD
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REVISED WITH UP-TO-DATE INFORMATION
ON THE MOST COMMONLY PRESCRIBED PSYCHIATRIC DRUGS

All or Nothing

You say	But Really
Everything is black and white	Some things are clearly wright and wrong, some are not important
Important words like "ought", "should", and "must" are used for everything	Some events "should" be important, others should be lower priority.
Make a mistake and call yourself names like "loser" or "stupid"	You are simply directing anger at yourself

Negative Nellie (or Nelson)
Ecclesiastes 2:17-18

You say	But Really
Everything that happens to me is always bad	Bad things do happen; so do good events as well
The good things I do never amount to the bad events	All things work together for good… if you are a Chrisitan

Jump to Conclusions Proverbs 25:8-10

You say	But Really
They said this, but really meant that	You cannot read minds
I know what will happen if I try	You cannot predict the future

Out of Proportion

You say	But Really
This single event is the most important thing … ever	It may be important, but is only one event in your life
This good thing I do means nothing … ever	Your actions do make a difference

Emotions on Your Sleeves

You say	But Really
I feel like an idiot so I must be one	How you feel has nothing to do with how smart you are
I don't feel like doing anything, so I won't	Your feelings do not determine if you can perform work

Personalization or Not

You say	But Really
I am to blame for things I had nothing to do with	If you didn't do it, you aren't to blame
I did it, but it was not my fault	You need to take responsibility for your actions

Have You Been Distorting?