

# Cognitive Distortions: Filtering

Filtering or focusing on the negative is never productive when trying to be happier, better, healthier etc.

If you hit 3 home runs in a baseball game, but strike out once, you still hit 3 home runs! Should you beat yourself up over one strikeout, or should you be proud that you scored 3 points for your team? Which is more helpful the next time you go to bat, the confidence from the positive or the insecurity from the negative?

**Directions:** Reflect on a situation when you thought with the cognitive distortion, filtering or focusing on the negative.

**What do you know now that challenges the cognitive distortion in this situation?**

---

---

---

---

---

**If you were able to challenge the cognitive distortion in the moment, how would the outcome have been different?**

---

---

---

---

---

**What will you remind yourself to challenge the cognitive distortion next time you start filtering or focusing on the negative?**

---

---

---

---

---