

See the Map of Your Mind

A Guide to Recognizing Fog on the Path

We all have thoughts that distort reality. Some are loud and obvious—others slip in quietly and shape how we feel, act, and respond.

This worksheet is designed to help you spot them.

Each of the ten patterns listed here is a type of mental fog. They cloud your judgment, shrink your courage, and lead you away from Reason. When you can name the distortion, you can begin to clear it.

To help you remember them, use this simple phrase:

C MAP OF SELF

(Catastrophizing · Mind Reading · All-or-Nothing Thinking · Personalization · Over-Generalizing · Filtering · Should Statements · Emotional Reasoning · Labeling · Fortune-Telling)

It's more than a memory trick.

It's a way to **see a map of yourself**—your thought habits, your blind spots, and your opportunity to think more clearly.

How to Use This Tool:

- **Look at your thought.** What are you feeling or reacting to?
- **Scan the list.** See if any of the examples sound like your thought.
- **Mark the distortions.** There may be more than one.
- **Get clear.** Naming the fog is the first step to clearing the path.

This isn't about judgment or diagnosis.

It's about awareness. Strength. And the discipline to live by Reason, not reaction.

C MAP OF SELF — See the Map of Your Mind

Distortion	Description	Example Thoughts
Catastrophizing	Expecting the worst possible outcome, often imagining disaster.	“If I mess this up, I’ll ruin everything.” “What if I lose my job and can’t find another?” “This pain might mean something deadly.”
Mind Reading	Believing you know what others are thinking—usually something negative.	“He thinks I’m an idiot.” “They’re all judging me right now.” “She didn’t text back—she must be mad at me.”
All-or-Nothing Thinking	Seeing things in black-or-white terms with no middle ground.	“If I fail once, I’m a total failure.” “Either I’m perfect or I’m worthless.” “This whole day is ruined because of one mistake.”
Personalization	Blaming yourself for things outside your control or taking things too personally.	“It’s my fault they’re upset.” “If I were better, this wouldn’t have happened.” “They didn’t smile—it must be because of me.”
Overgeneralizing	Making broad conclusions from a single event or limited evidence.	“Nothing ever works out for me.” “I always screw things up.” “People like me never get a break.”
Filtering	Focusing only on the negative parts of a situation, ignoring the positive.	“Everyone hated my idea.” “I made one mistake—they’ll never respect me.” “I got five compliments but can’t stop thinking about the one critique.”
Should Statements	Holding rigid rules or expectations about how you or others 'should' behave.	“I should be doing better by now.” “He shouldn’t have said that.” “I must never let people down.”
Emotional Reasoning	Believing something is true based purely on how you feel.	“I feel anxious, so something bad must be coming.” “I feel guilty, so I must’ve done something wrong.” “I feel like a fraud, so I probably am one.”
Labeling	Assigning fixed, global labels to yourself or others.	“I’m such a loser.” “She’s a terrible person.” “He’s just lazy—end of story.”
Fortune Telling	Assuming you know what will happen, usually with a negative prediction.	“This will never work.” “I’m going to fail no matter what.” “They’re not going to like me.”