

Overgeneralization Worksheets

Overgeneralization is a cognitive distortion that involves making broad and sweeping statements or conclusions based on limited evidence or experiences.

This means that it involves taking one negative experience, instance or trait and applying it to all situations, people or things as a general rule.

Examples of overgeneralization include:

- “I failed this test, so I’m going to fail all my exams.”
- “All doctors are money-hungry and don’t really care about their patients.”
- “Everyone in the city is rude and unfriendly.”

Challenge overgeneralization thoughts:

1. Think of a time when you made a mistake. Did it define you as a person? Write down what you learned from the experience.

2. Recall a time when someone else made a mistake. Did you automatically assume that they are always careless or incompetent? Write down why it is important to give people the benefit of the doubt and avoid overgeneralization.

3. Make a list of your strengths and weaknesses. Do your weaknesses define you as a whole person? Write down how you can work on improving your weaknesses without letting them negatively affect your self-esteem.

4. Think of a situation where you received criticism. Did you perceive it as a personal attack? Write down how you can detach yourself from the criticism and view it as an opportunity for growth.

5. Consider your beliefs about certain groups of people (e.g., race, gender, sexuality). Are these beliefs based on stereotypes or factual evidence? Write down how you can challenge your assumptions and develop a more nuanced understanding of different identities.
