

COGNITIVE DISTORTIONS

(“THINKING ERRORS”)

Teacher Cheat Sheet

Describe the cognitive distortions in this chapter. Consider thoughts from Harry and Professor Trelawney. If possible, label the type of distortion.

Trelawney

There are a series of “omens” that Trelawny thinks indicate great harm will come to Harry:

“beware a red-haired man” (fortune-telling)

“The falcon...my dear you have a deadly enemy” (fortune-telling)

“Dear, dear, this is not a happy cup...” (fortune-telling)

“danger in your path, my dear” (fortune-telling)

Harry

In response to “who will be dying”, Harry says “Me” (fortune-telling)

Ron

Thinks that the dog Harry saw must be the Grim (magnification, catastrophizing)
(fortune-telling is the main distortion in this chapter, but more will come later in the book)