



THINKING TRAPS A.K.A COGNITIVE DISTORTIONS

CATASTROPHIZING

1. Imagining the worst-case scenario, no matter how unlikely in reality.

POLARIZED THINKING

Thinking only of possible outcomes at either extreme

2. (really good or really bad) and not seeing all the possible outcomes in-between (or the "grey"). Most of life is somewhere in the middle.

OVER-GENERALIZING

Making sweeping judgments about ourselves (or

3. others) based on only one or two experiences. These thoughts typically contain the words "always" and "never."

BLAMING

4. Your mind quickly puts full blame on another person or yourself for circumstances that were not within personal control.

LABELLING

5. wrongly attributing a negative label to either yourself or someone else.

NEGATIVE FILTER

6. Focusing only on the negative without seeing any of the positive or what is going well.

JUMPING TO CONCLUSIONS

7. Judging or deciding something without all the facts.

MIND READING

8. Believing you know what others are thinking (and assuming it's negative), without any real evidence.

EMOTIONAL REASONING

9. Believing emotions to be evidence of the truth. How you feel is normally closely tied to the way you think. So just because you're feeling crappy doesn't mean life is crappy.

MUSTS/SHOULD

When our expectations fall short, we feel disappointed, 10. frustrated, anxious, or even angry with ourselves. Making yourself feel guilty by pointing out what you should or shouldn't be doing, feeling, or thinking.

DISCOVERING

THINKING TRAPS

WRITE DOWN A NEGATIVE UNHELPFUL
THOUGHT

WHICH OF THE FOLLOWING THINKING TRAPS ARE
YOU FALLING INTO?

CATASTROPHIZING <input type="checkbox"/>	NEGATIVE FILTER <input type="checkbox"/>
POLARIZED THINKING <input type="checkbox"/>	JUMPING TO CONCLUSIONS <input type="checkbox"/>
OVER-GENERALIZING <input type="checkbox"/>	MIND READING <input type="checkbox"/>
BLAMING <input type="checkbox"/>	EMOTIONAL REASONING <input type="checkbox"/>
LABELING <input type="checkbox"/>	MUSTS/SHOULDs <input type="checkbox"/>

WHAT IS A MORE REALISTIC AND HELPFUL WAY TO
REPHRASE THIS?

WHAT WOULD YOU SAY TO A FRIEND HAVING THE SAME
THOUGHT?