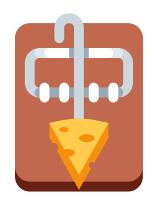
## THINKING TRAPS

UWE University of the UTCT Appearance Research

There are a variety of traps that we can fall into with our thinking. Use this sheet to learn to identify which traps your thoughts might have been caught by.



#### WE AREN'T MAGIC!

### Mind reading

Your thoughts might tell you that you know exactly what someone else is thinking



### DON'T BE SO HARD ON YOURSELF!

Labelling

Attaching a negative label to yourself instead of realising it was a single event

Filte

Only focusing on the negative and ignoring all the positives





#### Black-o r-White

We might only see things as black or white - good or bad, success or failure - and ignore the 'grey'

# Proving

One bad experience is not 'proof' of what will happen in the future.



You might imagine the worst thing that could possibly happen.

