

THINKING TRAPS

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

Fortune telling

Or your thoughts might be reading the future



DON'T BE SO HARD ON YOURSELF!

Labelling

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

Filtering

Only focusing on the negative and ignoring all the positives



Black-or-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.

Catastrophising

You might imagine the worst thing that could possibly happen.

