

**RECOGNIZING THINKING TRAPS****Do you know what a trap is?**

1. A device designed to catch and retain animals.
2. A situation in which people lie in wait for a surprise attack: “we were fed false information by a double agent and walked straight into a trap!”

For each situation, a “thinking trap” is described. Select which thinking trap it is from the list of six traps below. Briefly write down what’s wrong with this kind of thinking trap.

Situation	Thought	Thinking trap	What’s wrong with this thinking trap?
A person I know passed by me and didn’t say hello.	What did I do wrong? Why is this person mad at me?		
Getting a bad grade on the exam.	The teacher hates me.		
I had trouble understanding some math tasks.	I will never be good at math.		
Lately you and your friend got into a few arguments and you are not spending so much time together anymore.	If we stop being friends, I will be unhappy for the rest of my life.		
My mom praised me for getting A’s in math and English, but critiqued me for getting a C in science.	My mom is really mad and thinks I’m terrible in school.		
I’m not very good at sports, and in the last sports class I failed at some tasks.	I’m terrible at sports, I will never be good at it.		
A group of classmates are laughing hard in the other part of the hallway. They also happen to look your way.	They must be laughing at me, they think I’m a loser.		

Mind Reading

All or NOTHING

Catastrophizing!

BLAME game

BLAME game

Taking it Personally

Mental Filter