

THE THINKING TRAPS

Name of the trap	What does it mean?	Example
Mental filter	Focusing only on the negative aspects of the situation, while disregarding the positive ones.	A teacher gives us feedback after an exam which involves some things we did well and some we did poorly, but we focus only on the latter.
Mind reading	Concluding what another person thinks without hearing what they have to say.	Seeing another person yawning while we are speaking and thinking that she must be bored by us.
Catastrophizing	Expecting only the worst outcome from a situation.	If I get a bad grade in this exam, my grades until the end of the school year will tumble.
"All or nothing" thinking	Explaining everything in "all" or "nothing" terms without considering everything in between.	<i>If I am not perfect, then I am a total failure.</i>
Blame game	Blaming others for our problems and not taking personal responsibility.	Blaming another person for everything after a fight without considering our faults.
Taking it personally	Believing that others are behaving in a certain way necessarily because of us, without considering other possibilities.	<i>My best friend is in a bad mood, it must be my fault.</i>