Thinking *Traps*

Spot the trap, then talk back

Root & Bloom Therapy

Our minds sometimes jump to conclusions that feel true but are only part of the story. Naming a thinking trap helps you step back from it. Notice which traps you fall into most, then try the talk-back idea.

	The trap...	*It sounds like...*	*Talk back with...*
1	***All-or-nothing thinking*** Seeing things in extremes with no middle ground.	*"I always mess everything up."*	Sometimes I struggle and sometimes I do well.
2	***Mental filter*** Zooming in on what went wrong and skipping what went right.	*"One comment ruined my whole day."*	What else happened today, good or neutral?
3	***Catastrophizing*** Predicting the worst outcome before it happens.	*"This is going to go terribly."*	I can't know that. What is most likely to happen?
4	***Mind reading*** Assuming you know what others think without asking.	*"She thinks I'm boring."*	I can't read minds. What are the facts?
5	***Emotional reasoning*** Believing something is true because it feels true.	*"I feel like a failure, so I am one."*	My feelings are real, but they aren't always facts.
6	***Should statements*** Holding yourself to strict rules, then beating yourself up.	*"I should have known better."*	I did the best I could with what I knew then.
7	***Labeling*** Sticking a harsh label on yourself or someone else.	*"I'm such a loser."*	I made a mistake. It doesn't define me.
8	***Taking it personally*** Assuming things are about you when they may not be.	*"They're quiet, so I must have upset them."*	There could be many reasons. It may not be me.
9	***Blaming*** Pointing the finger elsewhere instead of looking at your part.	*"It's all their fault I feel this way."*	What part of this is mine to change?

Catch one this week

A thought I caught	The trap it was	My talk-back