

Thinking Traps	Examples
<p>Overgeneralizing Thinking that a negative situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like “always” or “never”.</p>	<p>First it was the accident, then I had complications, then my partner left, my dog got sick, and I’ll never be able to succeed.</p>
<p>All or Nothing Thinking Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in black and white terms see a small mistake as a total failure.</p>	<p>I wasn’t able to manage my anxiety enough to stay at work for my whole shift and had to go home. I might as well just not go tomorrow, since I am going to fail anyways.</p>
<p>Fortune Telling Predicting that something bad will happen, without any evidence.</p>	<p>I know they are going to say they can’t accommodate me, so why even ask.</p>
<p>Emotional Reasoning Believing that bad feelings or emotions reflect the truth of a situation.</p>	<p>I let everyone down because of my leave after my accident. I’m sure that my boss is going to be mad at me when I finally return.</p>
<p>Labeling Saying only negative things about yourself or other people.</p>	<p>I made a mistake, I’m stupid. My new boss told me I messed up. My boss is a total jerk.</p>
<p>‘Should’ Statements Telling yourself how you “should” or “must” act. “Should” statements about ourselves lead to guilt. “Should” statements about others lead to anger and resentment.</p>	<p>I should have known better than to make that turn there. I should have gone to therapy sooner.</p>
<p>Mind Reading Jumping to conclusions about what others are thinking, without any evidence.</p>	<p>My case manager is trying to reach me because they are going to cut me off, so I’m not answering the phone.</p>
<p>Mental Filter Focusing only on the negative parts of a situation and ignoring anything good.</p>	<p>I know they are talking about me right now. They are thinking about how weird I look and are thinking about my accident.</p>
<p>Catastrophic Thinking Exaggerating the importance of negative things, worst-case scenario, or thinking something is unbearable or impossible.</p>	<p>My stomach hurts today, with my luck it’s probably cancer.</p>
<p>Personalization You see yourself as the cause of some negative external event for which, in fact, you were not primarily responsible.</p>	<p>Marie’s contact called her to cancel their interview at the last minute due to a “personal emergency.” Marie started convincing herself that it must be because she said or did something wrong when they talked last.</p>