



Sometimes our brain takes shortcuts that aren't quite right. Spotting these 'thinking traps' is the first step to thinking more clearly. Read each one — does any sound like you?

## ALL-OR-NOTHING

**If it's not perfect, it's terrible.**

*Example: 'I missed one question. I failed.'*

## MIND READING

**Guessing what others are thinking.**

*Example: 'They didn't smile — they must hate me.'*

## FORTUNE TELLING

**Predicting the worst will happen.**

*Example: 'I just know I'll mess up the speech.'*

## CATASTROPHIZING

**Imagining the worst-case scenario.**

*Example: 'If I forget my line, the whole show is ruined.'*

## SHOULD STATEMENTS

**Pressuring yourself with 'should' or 'must'.**

*Example: 'I should always be happy.'*

## PERSONALIZATION

**Blaming yourself for things outside your control.**

*Example: 'Mom is upset — it must be my fault.'*

## FILTERING

**Only seeing the bad, ignoring the good.**

*Example: '7 things went well, but I'm only thinking about the 1 that didn't.'*

## LABELING

**Calling yourself a name based on one thing.**

*Example: 'I missed the goal. I'm a loser.'*

## MAGNIFYING

**Making the bad thing seem bigger than it is.**

*Example: 'My drawing has one smudge — it's totally ruined.'*

## COMPARING

**Measuring yourself against everyone else.**

*Example: 'They're better than me at everything.'*

**Spotting a trap doesn't mean you're broken — it means your brain is normal.**

*Next step: try the Reframing Practice Sheet to give your brain a more balanced thought.*