

# THE THINKING TRAP DETECTIVE

**Everyone has thinking traps from time to time. Sometimes we have a thinking trap without even noticing it! Be a thinking trap detective and find other people's thinking traps.**

1. Use your thinking trap sheet to remember all the types of traps.
2. Ask someone in your family questions about a time they worried.
  - a. Did they have evidence to support the thoughts?
  - b. Has that ever happened before?
  - c. Is there a big chance that worry will happen?



# THINKING TRAPS



## MAGNIFYING

Focusing on a small event and assuming the worst outcome will happen. If you forget your homework, you might think you will fail the class and be kicked out of school



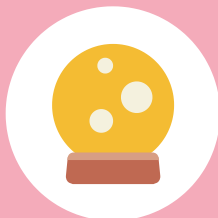
## MIND READING

Trying to read other people's thoughts and assuming people are thinking bad things about you. You might think someone doesn't like you.



## ALL OR NONE THINKING

Thinking situations can only be 100% good or 100% bad and ignoring the other possibilities. You might think if I don't get an A on the test I am stupid.



## FORTUNE TELLING

Trying to predict what will happen in the future and assuming it will be bad. You might think you will mess up your class presentation.



## FILTERING

Only looking at the negative parts of a situation and ignoring the positives. You might get 10 compliments and 1 insult but you will only focus on the insult.

# THE THINKING TRAP DETECTIVE

**Person:**

**Thought:**

**Evidence:**

**Type of Thinking Trap:**

**Person:**

**Thought:**

**Evidence:**

**Type of Thinking Trap:**

Person:

Thought:

Evidence:

Type of Thinking Trap:



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