

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.