Identifying Thinking Traps Worksheet

Thinking traps	Scenario	Can you remember a time you had a similar experience or thought?
All or nothing thinking Everything is either black or white, good or bad. There's no middle ground. For example, 'I always get it wrong' or 'I'll never get a job.'	*Reese was learning to drive but was finding a particular manoeuvre extremely difficult. Rather than think 'I can do this . . . practice makes perfect,' Reese thought, 'I'm useless, I'll never pass my test, I'm rubbish.'*	
Catastrophising A tendency to overestimate danger/disaster. For example, exaggerating how bad a situation may be.	*Reuben got a low grade for a piece of coursework. 'I'm going to fail my final year,' he thought.*	
Jumping to conclusions In a way, this is like fortune telling. Without looking at facts, we jump to conclusions, assuming our conclusions are correct. For example, predicting that negative things will happen.	*Maddie didn't identify with being male or female. 'Nobody'll understand how I feel. They'll think I'm weird if I ask them to use them, they or their when referring to me,' they thought.*	
It's all my fault Sometimes this is called personalising. For example, taking responsibility for every negative experience that happens to you or other people.	*Mel's friend was really down. 'I haven't been in contact with them so much, because of exams – it's my fault,' Mel thought.*	
Labelling Giving yourself or another person a global negative label. For example, telling yourself 'You're stupid' or labelling others 'Useless'.	*Billie missed a penalty and thought, 'I'm such a loser.'*	