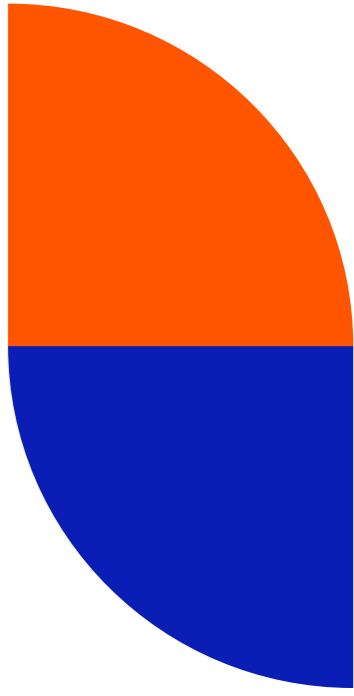




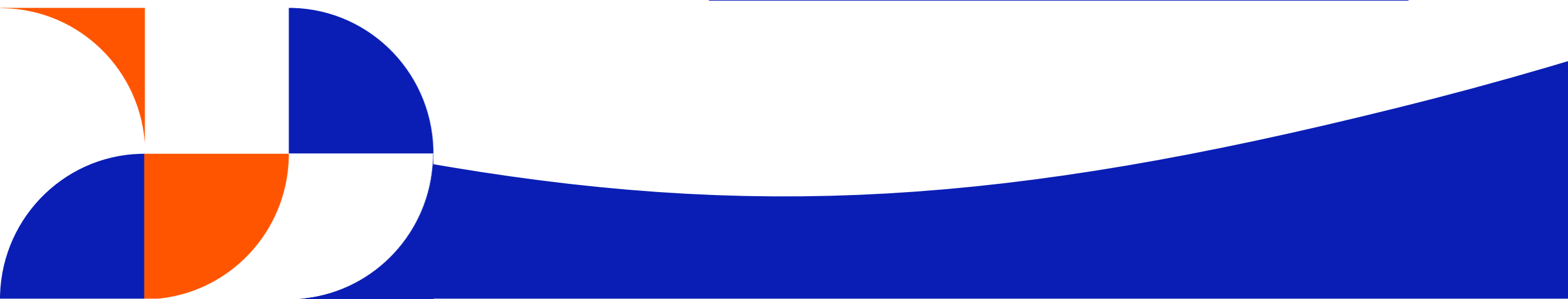
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# Thinking Traps Tutorial

Name :

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# WHAT IS A THINKING TRAP?

These are patterns of thought – usually with a negative swing. Otherwise known as cognitive distortions, thinking traps are often deeply ingrained in our psyche.

You can end up trapped in a vicious cycle. Actively work to challenge these thoughts as they arise. You will get better and better at it over time.

Change the way you think = Change your behavior = Change your mood = Change the way you experience the world.

Don't always believe what you think. Here are some specific examples of negative ways we think.

Name :

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## BLACK & WHITE THINKING

Thinking you are either good or bad.

The world is grey, these thoughts do not define you.



## DISCOUNTING THE POSITIVE

Belittling your accomplishments.

Appreciate yourself for your accomplishments.



## SHOULD STATEMENTS

Consistently thinking of what you "should" have or "should not" have done.

Don't Should all over yourself.





## **CATASTROPHIZING**

Assuming the worst

A way to stop  
catastrophizing



## **MIND-READING**

Assuming you know what  
others are thinking.

Leave the psychic abilities  
to Miss Cleo. Ask when  
you are confused.



## **LABELING**

Reducing yourself to a single  
trait or characteristic.

Adjectives do not define you.  
You are more than a label.



**NEGATIVE THOUGHTS ARE NATURAL**

**ASK YOURSELF THESE QUESTIONS TO CHALLENGE THEM**

**ABSOLUTELY NOT**



**IS THIS THOUGHT  
HELPFUL?**

**TEAR HERE IF NOT**

**NO**

**IS THIS THOUGHT  
REALISTIC?**

**TEAR HERE IF NOT**

**NONE**



**WHAT EVIDENCE DO I  
HAVE THAT THIS WILL  
COME TRUE?**

**TEAR HERE IF NOT**

**NOPE**

**IS THIS IN MY  
CONTROL?**

**TEAR HERE  
IF NOT**

**NEGATIVE THOUGHTS ARE NATURAL**

**ASK YOURSELF THESE QUESTIONS TO CHALLENGE THEM**

**OPINION**



**IS THIS FACT OR  
OPINION?**

**TEAR AND TOSS**

**NOT THIS**

**WHAT WOULD I SAY  
TO A FRIEND?**

**TOSS THE TRASH**

**BLAME**



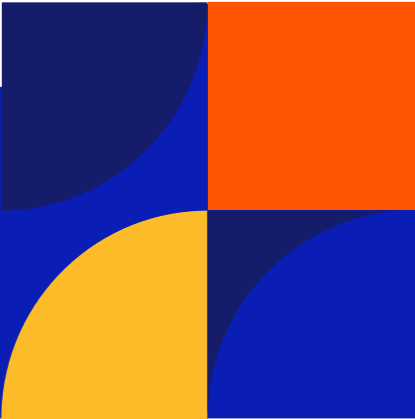
**AM I BLAMING MYSELF  
UNNECESSARILY?**

**TAME THE BLAME**

**TOSS**

**AM I THINKING IN  
ABSOLUTES?  
(ALWAYS/ NEVER)**

**EMPTY BIN**





# Helpful questions to ask yourself.

**1. Is this thought based on facts or feelings?**

.....

.....

**2. Is there another way to view this situation?**

.....

.....

**3. Am I holding myself to a realistic standard?**

.....

.....

**4. Am I underestimating my ability to cope?**

.....

.....





# Helpful questions to ask yourself.

**5. Am I overestimating the perceived threat?**

.....

.....

**6. What are some things I can control in this situation?**

.....

.....

**7. What would I tell a friend?**

.....

.....

**8. What can I do right now to make myself feel better?**

.....

.....







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