

Negative Thinking Traps

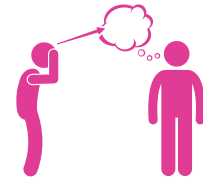
Catastrophizing

Imagining & believing that the worst possible thing will happen.



"I feel it, so it must be true"

Emotional Reasoning



Mind Reading

Assuming we know what others are thinking.



Bad Memories

Some events trigger memories of being hurt in the past, leading us to believe the danger is here and now.

When we notice only what our "filter" allows & dismiss anything else.



Mental Filter



Prediction

Believing we know what is going to happen in the future and treating it as certainty.

Magnification

Exaggerating the negative & minimizing the positive.



Seeing only the good & positives in others and comparing ourselves negatively.

Compare & Despair



Black & White Thinking

Believing that something or someone can be only good or bad, right or wrong, all or nothing.



Shoulds & Musts

Holding yourself and others to a set of rigid and unreasonable rules and expectations.

You pay attention to information/memories that confirm your beliefs & ignore everything else.



Selective Attention

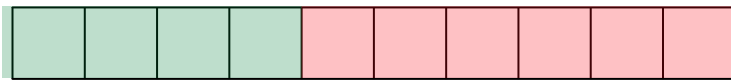
Overgeneralizing

Reaching a general conclusion based on one incident or piece of evidence.

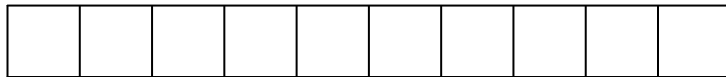


Mood Tracker

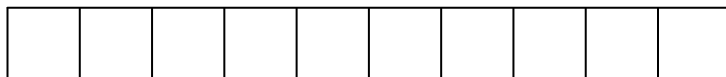
Santa asked his elves to practice their math. Help this elf make ten! Follow the example provided and see how many ways you can make 10.



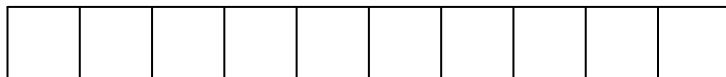
$$\textcircled{4} + \textcircled{6} = 10$$



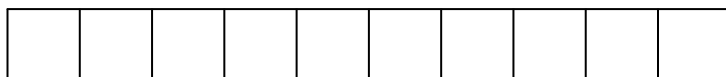
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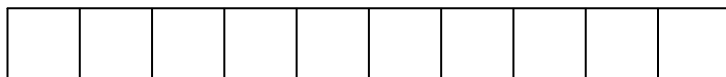
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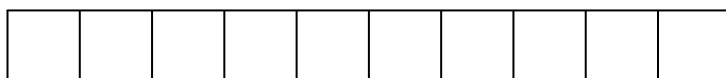
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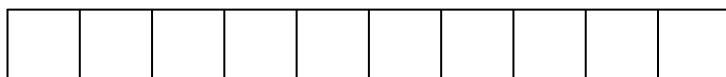
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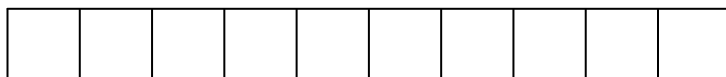
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