Common Thinking Traps

- **All-or-Nothing Thinking**
  - Reminder: Where are the shades of grey in this?

- **Overgeneralization**
  - Reminder: There are no absolutes.

- **Mental Filter**
  - Reminder: I need to pay attention to the whole picture.

- **Disqualifying the Positive**
  - Reminder: Remember the positives.

- **Mind Reading**
  - Reminder: Stay in your own head.

- **The Fortune-Teller Error**
  - Reminder: You don’t own a crystal ball.

- **Magnification and Minimization**
  - Reminder: Use the same scale for everyone – yourself included.

- **Catastrophizing**
  - Reminder: Deal with the event, not with imaginary consequences.

- **Emotional Reasoning**
  - Reminder: Don’t believe everything you feel.

- **Labeling**
  - Reminder: Focus on the event, not the person.

- **Personalization**
  - Reminder: I am primarily responsible for how I respond to events.

Healthy Thinking Wellness Workshop Worksheet

Most people use more than one of the cognitive traps/biases described. Which one(s) seem to give you the most trouble?

In which situations are you most likely to use this bias? Think of examples.

What would be a more realistic and helpful way of thinking in one of the situations you have listed?


5 Questions to Ask After a Setback

1. What can I learn from this?
2. What could I have done differently?
3. Do I need to work on certain skills?
4. Where can I ask for help/support?
5. What is my next step?