

# Thinking Traps

Some of our thoughts are not helpful. They make us feel unpleasant or stop us from doing things.

The problem with these unhelpful thoughts is that they keep coming back, and we don't stop to challenge or question them. The more we hear them, the more we believe them, and the more we look for evidence or select things to prove them right.

These are thinking traps, and there are three main types of thinking traps we need to look out for.

## Negative Filtre

Only see the things that go wrong or aren't right.

### Negative glasses

When we are wearing our negative glasses we can only see the negative part. Even if we have a good time and positive things happen, the negative glasses will only find the things that went wrong or weren't quite right.



## Blowing Things Up

Negative things become bigger than they really are.

### All-or-nothing thinking

Everything is seen in all-or-nothing terms. It is either excellent or a tragedy. It doesn't seem to be anything in between. If we fall short of perfect, then we see ourselves as a total failure.



## Predicting Failure

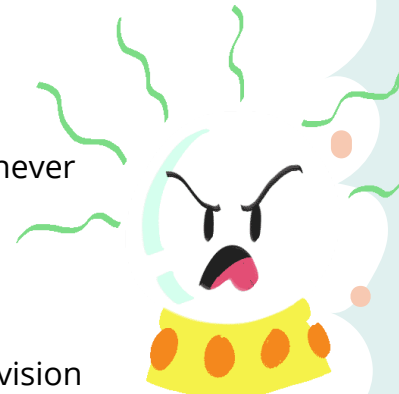
This trap only predicts failure and make us expect the worse. This can happen in two ways:

### Mind reading

Mind readers think they know what everyone else is thinking. And it is never positive.

### Fortune teller

Fortune tellers think they know what will happen in the future, but the vision always predicts the worse.



# Looking Out For Thinking Traps

When you notice an unhelpful thought, check to see whether you have fallen into a thinking trap.

Write your thought in one of the traps below.

Negative glasses



All-or-nothing thinking



Mind reading / Fortune teller

