THINKING TRAPS

Thinking Traps	Example
Fortune-telling: This occurs when we predict that things will turn out badly. However, we cannot predict the future because we don't have a magic ball!	"I know I will fail the exam" "I know we will get in another car accident"
Overgeneralizing: This is when we use words like "always" or "never" to describe situations or events. This is a problematic way of thinking because it does not take all situations or events into account. For instance, sometimes we make mistakes but we don't **always** make mistakes.	"I always make mistakes" "My mother is never on time"
Mind-reading: This happens when we believe that we know what others are thinking and we assume that they are thinking the worst of us. However, we can't mind-read so we don't know what others are thinking!	"Others think I'm stupid" "She doesn't like me"
Labeling: Sometimes we talk to ourselves in a mean way and we use a single negative word to describe ourselves. However, this kind of thinking is unfair and we are too complex to be summed up in a single word!	"I'm stupid" "I'm a failure"
Filtering: This happens when we take note of all the bad things that happen, but ignore any good things.	Believing that only bad things happen to you because you did poorly on a test and got into a fight with a friend. However, you ignore the good things that have been happening, such as getting a good grade on a homework assignment and getting invited to a classmate's birthday party.
Overestimating: This happens when we believe that something that is unlikely to occur is actually about to happen.	"I will faint" "I'll go crazy" "I'm dying"
Catastrophizing: This is when we imagine the worst possible thing is about to happen and we will be unable to cope with it.	"I'll embarrass myself and everyone will laugh" "I'll freak out and no one will help"