

# Thought Traps

<p><b>Mind reading:</b> Believing that you know what another is thinking. <i>Example: "He thinks I'm a loser."</i></p>	<p><b>Ignoring the Positives:</b> focusing on the negative in a situation rather than seeing the whole picture. <i>Example: You have done well in a task at work, but you keep focusing on earlier mistakes.</i></p>
<p><b>Labelling:</b> Calling yourself or others names in an unduly negative way. <i>Example: "I'm a failure," "He's an idiot," "I'm useless".</i></p>	<p><b>Emotional Reasoning:</b> using your emotions or mood as a means of interpreting what's happening around you <i>Example: I feel uptight so something dreadful is about to happen.</i></p>
<p><b>Catastrophising:</b> Predicting the absolute worst case scenario, 'making a mountain out of a molehill'. <i>Example: A loved one is home late from work, imagining there has been a terrible accident.</i></p>	<p><b>Personalising:</b> taking things personally, assuming responsibility <i>Example: My neighbour did not speak to me this morning, therefore I must have done something to upset them.</i></p>
<p><b>Overgeneralising:</b> if something didn't work out once, assuming it never will. <i>Example: If you have been working hard one day but don't quite finish everything, you may think "I've got nothing done".</i></p>	<p><b>Shoulds and Musts:</b> assuming that things <i>have to</i> be a certain way, that we have to abide by certain rules <i>Example: I should always give everything I do 100%, I must not fail, or I must not be rude so other should not be either.</i></p>
<p><b>All-or-Nothing Thinking:</b> seeing things as being either, or. <i>Example: black or white with no shades of grey, success or failure, good or bad.</i></p>	<p><b>Fortune telling:</b> Making negative predictions about the future <i>Example: "I'll get rejected," "I'll make a fool of myself."</i></p>