

Common Thinking Traps

Below are some common unhelpful thinking styles that keep people "trapped" in distress. Which of these ways of thinking do you think you use most frequently?

THINKING TRAP	I ENGAGE IN THIS TYPE OF THINKING...
<p>All or Nothing/Black and white Thinking. You see the extremes or absolutes. Good or bad, right or wrong, 'completely disastrous' or 'absolutely wonderful' nothing in between.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Catastrophizing & Minimizing. Blowing things out of proportion or inappropriately shrinking something to make it seem less important</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Fortune Telling. Predicting the future, exaggerating how badly something will turn out and how you will be unable to cope.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Should, must, what if. Incorrect or exaggerated assumptions about the way things should be; or perseveration about 'what if' you did or did not do something...</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Excessive Need for Approval. You can only be happy if people like you.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Minimizing or Disqualifying the Positives. Discounting the good things. You make positive things less important than they are. An extreme form of all-or-nothing thinking</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Disqualifying the present. Focusing on the past and future, while ignoring the present moment. Lack of mindfulness</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Pessimism. Highly cynical, extremely negative and a sense of hopelessness.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Magnifying or Dwelling on Pain. An over focus on your circumstances. You see negative or difficult things as worse than they are. Small mistakes become tragic failures. Minor suggestions become scathing criticism.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Overgeneralizing. Seeing a pattern based upon a single bad event or being overly broad in the conclusions we draw.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
<p>Emotional Reasoning.</p>	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often

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Assuming that because we feel a certain way, what we think must be true. You base your views of things on what you are feeling rather than what is really going on.	<input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Grandiosity The belief that we are superior to others, that we should never be questioned or challenged, and that we are right about everything	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Personalization. You think that everything people do or say is some kind of reaction to you. Everything is about you.	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Mental Filter or Selective Attention. Only paying attention to certain types of evidence. Noticing our failures but not seeing our successes	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Fallacy of Fairness. Falsely believing things should always work out fairly	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Denial or Blaming: Failure to recognize your own role or capacity in a situation. Telling yourself that you are helpless or hopeless in response to what is going on. Focus on others as the source of the problem.	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Mind Reading. Assuming you know what others are thinking. Getting angry, or negative when often it is in your imagination.	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Entitlement The belief that you should not have to be accountable for your behaviours, poor decisions, or lack of effort, because you deserve some special treatment. Inflated self-important and conceited	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Perfectionism/Unrealistic Expectation Asking yourself to be perfect; not allowing yourself to make mistake	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Rationalization – Excusing yourself from the full responsibility for your actions. An attempt to justify your behaviours that are not desirable.	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all
Labelling Using negative words to describe yourself.	<input type="checkbox"/> Most of the Time <input type="checkbox"/> Often <input type="checkbox"/> Some of the time <input type="checkbox"/> Not at all