

Recognize Thinking Traps

It's common to fall into these traps every now and then for brief periods of time. However, you might find yourself falling into these traps frequently and getting stuck in them. Acknowledging your thinking traps and when you are using them is an important step for releasing their hold on us.

If you were able to rank order the thinking traps you do, what are your top five thinking traps?

1	
2	
3	
4	
5	

Can you think of a situation or situations where you have used thinking traps?

SITUATION	THINKING TRAP	WHAT WERE THE THOUGHTS THAT WENT THROUGH YOUR MIND?

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Why do you keep these thinking traps?

What impact do these thinking errors have on your emotional health and well-being?

What impact do they have on your relationships with others?

What can do to change these ways of thinking?
