

Name: _____

Date: _____

MIND TRAPS

Exploring "Mind Traps" and Possible Mental Reframes to Overcome Them

Here are a few mental reframes that you can consider to overcome these "mind traps":

- Instead of feeling stuck, think about what you can learn from the situation.
- Rather than focusing on the negative, try to find the positives.
- Change your perspective and try to see the situation from a different angle.
- Instead of feeling overwhelmed, break the problem down into smaller, more manageable tasks.
- Finally, try to reframe the situation as a challenge to be tackled, rather than a problem to be solved.

'MIND TRAP' EXAMPLE	MENTAL REFRAME
I got that question wrong, I'm not smart!	I tried my best and I can try again next time.
It was just good luck that I scored that goal.	
It's out of my control.	
I can't do it.	
I'm always wrong.	