

# THINKING TRAPS

## THOUGHT TRACKING FORM

The Brain Learning Center

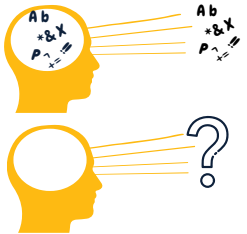
### Reject the Positive



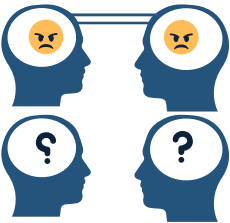
### Labeling



### Fortune Telling



### Mind Reading



### Mental Filter



### All-or-Nothing



### Over-generalization



### DATE

### THOUGHT

Identify a thought, be as specific as you can.

### THINKING TRAP?

What kind of distortion was the thought?

### RESULT

What emotion did you feel? What did you do?