

THINKING TRAPS

MENTAL FILTER

Only noticing what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through sunglasses, whilst anything more positive or realistic is dismissed.

PREDICTION

Believing we know what's going to happen in the future, or trying to predict what might happen. Rehearsing situations or conversations.

MIND-READING

Assuming we know what others are thinking. Paying attention to others' responses. May include verbal, facial or written - trying to read into emails or text messages.

MOUNTAINS AND MOLEHILLS

Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives.

COMPARE AND DESPAIR

Seeing only positives others and comparing ourselves negatively to others. That internal ruler. Rationally we know social media isn't real but we still feel inferior..

EMOTIONAL REASONING

Emotions lead and confirm evaluations. I feel bad so it must be bad. Tending towards pessimism. I feel anxious, so I must be in danger.

CATASTROPHISING

Imagining and believing that the worst possible thing will happen. Rehearsing worst case scenarios.

CRITICAL SELF

Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility. The internal bully, self-critic.

JUDGEMENTS

Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for.

MEMORIES

Upsetting memories which lead us to believe that the danger is here and now rather than in the past. Can range from distress to intense trauma flashbacks.

SHOULD AND MUSTS

Internal standards. Thinking or saying 'I should', 'shouldn't' or 'I must' puts pressure on ourselves. It maintains unrealistic or exacting expectations.

RIGID THINKING

Binary thinking. Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between.



THINKING TRAPS DIARY

Be mindful of your thinking styles this week, note down any instances including the who, where, how, why and what. What was the trigger, who was involved, how did you feel, what did you do?

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 JUDGEMENTS

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 MEMORIES

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