

## Anxiety Thinking Traps

Common thought patterns that can make anxiety feel louder.

Anxiety can amplify certain thinking patterns, making problems feel bigger and possibilities feel smaller. These mental habits aren't facts—they're traps. The good news? You can learn to spot them and create more balanced, compassionate thoughts.

### 10 Common Thinking Traps


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#### 1. Catastrophizing

expecting the worst-case outcome.


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#### 2. Jumping to Conclusions

assuming something negative without enough evidence.


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#### 3. Personalization

blaming yourself for things that are not fully your fault.


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#### 4. Mental Filter

focusing only on what went wrong.


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#### 5. Overgeneralization

using one hard moment to predict everything.


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#### 6. Black-and-White Thinking

seeing things as all good or all bad.


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#### 7. Labeling

turning one experience into a harsh identity statement.


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#### 8. Emotional Reasoning

believing something is true just because it feels true.


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#### 9. "Should" Statements

pressuring yourself with rigid rules and expectations.


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#### 10. Discounting the Positive

brushing off good moments, strengths, or progress.

### Notice Your Pattern



The thinking traps I notice most:



A recent anxious thought:



Evidence for it:



Evidence against it:



A more balanced thought:



#### Gentle Reminder

You do not have to believe every anxious thought. Awareness is a first step toward relief.



What would I say to a friend feeling this way?

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