



ENERGY MANAGEMENT



What is stressing you out?

_____	_____
_____	_____
_____	_____

Determine if the stressor is a big deal or a little deal. Is it something you can control or not? Write each stressor in the appropriate box..

Controllable

Uncontrollable

Big Deal

Take action to fix the problem

Work to change how you think about it

Little Deal

Accept it or take action to fix the problem

Accept it

Write down at least one thing you can do to help lower your stress:



AVOID THINKING TRAPS

Thinking traps are patterns in thinking that are not flexible and can cause us to miss critical information about a situation or individual.

There are 6 common Thinking Traps that we tend to get stuck in:

1. Jumping to Conclusions
2. Mind Reading
3. Me, Me, Me
4. Them, Them, Them
5. Always, Always, Always
6. Everything, Everything, Everything

Mental Cues direct our attention to the information we missed because we were in the Thinking Trap.

Critical Questions help us to get out of a Thinking Trap by gathering the information that we have missed. Once we have gathered all the information, we can think more flexibly, accurately, and thoroughly about the situation.





AVOID THINKING TRAPS



Jumping to Conclusions:

Believing one is certain about a situation despite little or no evidence to support it

Mental Cue: Slow Down

Critical Question: What is the evidence for and against my thoughts?

Mind Reading:

Assuming that you know what another person is thinking or expecting another person to know what you are thinking

Mental Cue: Speak Up

Critical Question: Did I express myself? Did I ask for information?

Me, Me, Me:

Believing that you are the sole cause of every problem you encounter

Mental Cue: Look Outward

Critical Question: How did others and/or circumstances contribute?

Them, Them, Them:

Believing that other people or circumstances are the sole cause of every problem you encounter

Mental Cue: Look Inward

Critical Questions: How did I contribute?

Always, Always, Always:

Believing that negative events are unchangeable and that you have little or no control over them

Mental Cue: Grab Control

Critical Question: What is changeable? What can I control?

Everything, Everything, Everything:

Believing that you can judge someone based on a single event or believing that what caused the problem is going to negatively affect many areas of life

Mental Cue: Get Specific

Critical Question: What is the specific behavior that explains the situation? What *specific* area of my life will be affected?



AVOID THINKING TRAPS



Name the Thinking Trap each thought falls into.

1. "It's because I have a bad teacher."

2. "He is so fake. I can't believe he didn't like my last IG post"

3. "I can't learn this Tik Tok dance. I'm such a loser."

4. "If I can't pass a stupid high school class, I won't ever be successful in the future."

5. "I'm never getting out of this house. I'm going to be stuck in here forever."

6. "My boyfriend/girlfriend is cheating on me."

7. "I didn't do well on my test. I'm such a failure."

8. "They're not texting me back because they are mad I won't sneak out of the house to hangout with them."

Jumping to Conclusions: Believing one is certain about a situation despite little or no evidence to support it

Mind Reading: Assuming that you know what another person is thinking, or expecting another person to know what you are thinking

Me, Me, Me: Believing that you are the sole cause of every problem you encounter

Them, Them, Them: Believing that other people or circumstances are the sole cause of every problem you encounter

Always, Always, Always: Believing that negative events are unchangeable and that you have little or no control over them

Everything, Everything, Everything: Believing that you can judge your character or someone else's character based on a single event or believing that what caused the problem is going to negatively affect many areas of your life



AVOID THINKING TRAPS



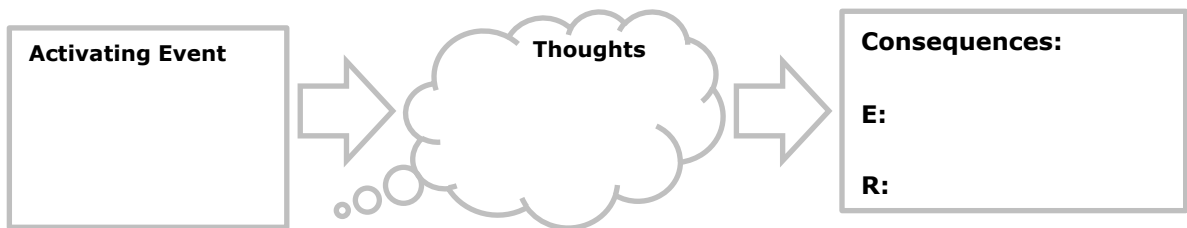
What can you do if you are falling into a Thinking Trap?

STEP 1: Use ATC to identify the **Thinking Trap**

STEP 2: Say the **MENTAL CUE** to bring your attention to the information you missed

STEP 3: Ask yourself and answer the **CRITICAL QUESTION** to gather missed information

Use ATC to describe a time you fell into a Thinking Trap:



What Thinking Trap did you fall into? _____

What is the Mental Cue for this trap? _____

What is the Critical Question? _____

Answer to the Critical Question:
