



THE RESILIENCE READER

CHAPTER 6: AVOIDING THINKING TRAPS

Competency: Mental Agility

In this chapter you will learn what a Thinking Trap is, and how to get yourself out of one.

Thinking Traps

PATTERNS OF THINKING THAT ARE NOT FLEXIBLE AND CAN CAUSE US TO MISS CRITICAL INFORMATION ABOUT A SITUATION OR AN INDIVIDUAL.
ALWAYS HAPPEN DURING THE HEAT OF THE MOMENT THOUGHT

Avoid Thinking Traps

WHEN YOU CATCH YOUR HOTM FALLING INTO A THINKING TRAP, FOLLOW THE APPROPRIATE **MENTAL CUE**. THEN ASK YOURSELF THE **CRITICAL QUESTION** THAT FOLLOWS.

Trap	Jumping to Conclusions	Mind Reading	Me, Me, Me
Definition	Believing one is certain about a situation despite having little to no evidence to support it.	Assuming you know what another person is thinking expecting another person to know what you are thinking.	Believing that You are the Sole cause of every problem you encounter.
Mental Cue	Slow Down	Speak Up	Look Outward
Critical Question	What evidence for and against my thoughts?	Did I express myself? Did I ask for more information?	How did others and/or circumstances contribute?
Trap	Them, Them, Them	Always, Always, Always	Everything, Everything, Everything
Definition	Believing that other people or circumstances are the sole cause of every problem you encounter.	Believing that negative events are unchangeable and that you have little or no control over them.	Judging your character or someone else's character based on 1 event . Or that 1 event will negatively affect many areas of your life .
Mental Cue	Look Inward	Grab Control	Get Specific
Critical Question	How did I contribute?	What is changeable ? What can I control ?	What is the specific behavior or area of my life that this will affect?

RESILIENCE REFLECTION

NAME THAT THINKING TRAP!

"Label the below with one of the Thinking Traps choices: "Jumping to Conclusions," "Mind Reading," "Me, Me, Me," "Them, Them, Them," "Always, Always, Always," "Everything, Everything, Everything."

1. It's because my teacher hates me. _____
2. That person thinks I am ugly. _____
3. I am the reason our group got a bad grade. _____
4. If I can't pass a silly high school class, I won't be successful in the future. _____
5. I'm never going to have a significant other. I will be alone forever. _____
6. My partner is cheating on me. _____
7. I didn't do well on the ACT, I am an embarrassment to my family. _____
8. My teacher hates me. _____

Avoiding Thinking Traps In action

- STEP 1. USE ATC TO IDENTIFY YOUR OWN THINKING TRAPS
STEP 2. SAY THE MENTAL CUE THAT REMINDS YOU OF WHAT TO DO
STEP 3. ASK YOURSELF AND ANSWER THE CRITICAL QUESTION.

1 Activating Event?

4 What Thinking Trap Do you See?

2 Heat of the moment thought?

5 What is your mental cue for this trap?

6 What is your critical question?

3 Consequences?

7 Answer to the critical question.

E:

R: