

## Worksheet 9.1: Thinking Traps

*Everyone experiences some...*

	<p><b>Black and white thinking</b></p> <p>Viewing a problem or situation as all or nothing, as one extreme or another. This type of thinking is unrealistic because life is rarely completely hopeless or absolutely fantastic—it is usually somewhere in between.</p>
	<p><b>Overgeneralization</b></p> <p>Generalizing from one experience to another without recognizing the ways in which the two situations may differ. This type of thinking is unhelpful because if something happened once it does not necessarily mean it will keep happening in the future. The use of words such as always, never, or nothing are often clues that someone is overgeneralizing.</p>
	<p><b>Personalization</b></p> <p>Taking responsibility and blame for negative events for which you are not really responsible</p>
	<p><b>Mistaking feelings for facts</b></p> <p>When feelings are confused with reality. For example, one may believe that because they <i>feel</i> hopeless that they actually <i>are</i> hopeless or that because they <i>feel</i> stupid, that they <i>are</i> stupid.</p>
	<p><b>Jumping to negative conclusions</b></p> <p>Drawing negative conclusions from a situation when there is no evidence for this negative interpretation. For example, assuming that ‘there is no point in going out tonight, I know I’ll have a terrible time’ is an example of jumping to negative conclusions.</p>
	<p><b>Mind reading</b></p> <p>This involves assuming you know what other people are thinking without them directly saying anything. For example, imagine a friend fails to phone you on your birthday. If you interpret this event as, “He doesn’t care about me” then you are mind reading. It’s important to check out assumptions with the person.</p>
	<p><b>Catastrophizing</b></p> <p>This involves assuming a situation has been or will be a complete and total disaster. For example, if you woke up on a Monday morning feeling tired and think ‘this is a disaster, I’m too tired to cope’ or ‘I’m ruined, I’m out of a job for sure’ are examples of catastrophizing.</p>

Optional

## Worksheet 9.2: Catching Worries

*Based on your past experiences...*

Situation	Emotion	Worry or Negative thought

Optional  
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