

# THINKING TRAPS

Being able to recognise unhelpful thinking is the first step to changing it.

## Black & white thinking

The tendency to think in extremes – an all-or-nothing mindset.

*"If it isn't perfect, it's no good at all!"*

## Jumping to conclusions

When you draw conclusions without any evidence.

*"Boss wants to talk ...I'm getting fired!"*

## Fortune-telling

When you anticipate and predict that events will turn out badly.

*"I'm going to mess up the interview"*

## Mind reading

When you assume what other people are thinking.

*"She thinks I'm crazy"*

## Filtering

Focussing on the negative aspects of situations.

*"It's raining on my holiday ...I always have bad luck"*

## Catastrophising

When you think of the 'worst-case scenario'.

*"They're not answering the phone ...Something terrible must have happened!"*

