Thoughts & Traps

Matching Thinking Traps to Thoughts

Directions: Read through the definitions of the thinking traps in the bank below. Then, match each thought in the table with the thinking trap you think best applies.

Thinking Traps:

All-or-Nothing Thinking
When you make big generalizations. (Keywords: all, always, never, none, everyone, nobody, etc.)

Labeling
When you use negative labels for yourself. (Keywords: "I'm a..." followed by a negative word.)

Mind Reading
When you assume you know what someone else is thinking or feeling.

Shoulds
When you think about what you "should" (or shouldn't) do or be like. (Keywords: should or shouldn't.)

Negative Filter
When you focus only on the negatives.

Personalizing
When you put the blame on yourself or assume something is about you.

Fortune Telling
When you assume you know what's going to happen, and it's going to be bad!

Thought	Thinking Trap
"My friend didn't reply to my text. She is clearly mad at me."	Mind Reading
"My post didn't get that many likes. I'm a failure."	Labeling
"All my friends have better lives than me."	All-or-Nothing
"My friend posted that they're feeling sad. It must be my fault."	Personalizing

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"I can't stop thinking about that one negative comment."	**Negative Filter**
"I was up late last night playing video games instead of studying for my test. I know I'm going to fail my test later today. "	**Fortune Telling**
"I should respond to friends' messages immediately."	**Shoulds**

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