

# MIND TRAPS WORKSHEET



NOT FEELING GREAT?  
FILL OUT THIS WORKSHEET TO REBOOT  
YOUR THOUGHTS AND FEELINGS!

Before you start, how do you feel? Rate your emotions out of 10.

I am feeling SAD: \_\_\_\_ ANGRY: \_\_\_\_ WORRIED: \_\_\_\_ EMBARRASSED: \_\_\_\_ FRUSTRATED: \_\_\_\_ GUILTY: \_\_\_\_ NERVOUS: \_\_\_\_

## WHAT'S YOUR THOUGHT?

## MIND TRAPS?

## WHAT'S YOUR MORE HELPFUL THOUGHT?

Thought 1

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Thought 2

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Thought 3

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Finished? Do you feel a little better? Rate your emotions out of 10 again.

I am feeling SAD: \_\_\_\_ ANGRY: \_\_\_\_ WORRIED: \_\_\_\_ EMBARRASSED: \_\_\_\_ FRUSTRATED: \_\_\_\_ GUILTY: \_\_\_\_ NERVOUS: \_\_\_\_



### OVER-GENERALISATION

Turning a negative event into a pattern: "This always happens!"

### PERSONALISATION

You take things personally when it wasn't meant that way.



### FEELINGS AS FACTS

"I feel like an idiot so I must be one."

### LABELLING

Instead of saying: 'I made a mistake' you say: 'I'm a loser.'



### MAGNIFICATION

Turning small things into a big deal.

### BLACK & WHITE THINKING

Most things aren't black or white - they're on the greyscale.



### CATASTROPHISING

Imagining the worst possible thing to happen.



### MENTAL FILTER

Dwelling on the negatives and not counting the positives.



### FORTUNE TELLING

Thinking you can predict the future.



### MIND READING

Assuming you know what others are thinking.

### SHOULD STATEMENTS

Shoulda, woulda, coulda! Stop 'should' statements.

### BLAME

Blaming others or yourself when that's not fair.

