

# THINKING TRAPS



What you tell yourself about a situation affects how you feel and what you do. These thinking traps are unhelpful thoughts that only distort the real situation—and make you feel bad or upset.

## Do you think this way?

## Try this instead! Ask yourself ...

Something bad **always** happens! Things **never** work out for me!

Is this always true? Can I think of some times when this hasn't been true?

I made a tiny mistake. This **entire** project is a **complete** failure!

Am I looking at the whole picture? Have I discounted anything important?

I put a lot of work into this, but I just **know** that it isn't going to work out!

What does the evidence say? Do I have enough information to make a conclusion?

I **should** be able to get everything done. I **should** be able to do it perfectly!

Am I being realistic?  
Am I being objective?

One person didn't reply to my email. They **must** not like me!

Do I know enough to say that it's true? If a friend was in the same situation, what would I tell them?

Are you ready to get out of your thinking traps? Visit [www.heretohelp.bc.ca/wellness-modules](http://www.heretohelp.bc.ca/wellness-modules) for tips, strategies, and resources.