



These cognitive traps can get in the way of constructive thinking:

- 1 **MIND READING:** Assuming you know what others are thinking about you
- 2 **ME THOUGHTS:** Assumptions we make about ourselves (“I can’t...” // “I’m not...” // “I won’t...”)
- 3 **THEM THOUGHTS:** Assumptions we make about others (“They can’t...” // “They aren’t...” // “They won’t”)
- 4 **CATASTROPHIZING:** Believing the worst will happen
- 5 **HELPLESSNESS:** Feeling powerless to act



Think about the “bad news day” scenarios above. How would these five cognitive traps affect the way we perceive those events? What assumptions might you make about yourself – or others – and how would those beliefs negatively affect your ability to deal with those concerns?