

# Common Thinking Traps

Thinking traps are common patterns in how our mind interprets situations. They can feel very real, but they are not always accurate or helpful.

**All-or-Nothing Thinking**

Seeing things in black-and-white categories (e.g., success or failure).

**Catastrophizing**

Expecting the worst possible outcome, even when it's unlikely.

**Mind Reading**

Assuming you know what others are thinking without evidence.

**Emotional Reasoning**

Believing something is true because it feels true.

**Overgeneralization**

Taking one event and applying it broadly (e.g., "this always happens").

**Should Statements**

Using rigid rules about how you or others should behave.

**Personalization**

Blaming yourself for things outside your control.

**Reflection:** Which thinking trap do you notice most often? What might be a more balanced way of viewing the situation?
