



Thinking Traps

Thinking traps can be a problem when we are angry. If we can identify the trap, we can move from anger to problem solving.

- **Catastrophizing:** Believing that the worst case scenario will happen. Things that are a big deal can throw you into a major tail-spin.
- **Mind Reading:** When you think you know what others are thinking without asking and feel that others know what you are thinking.
- **Emotional Reasoning:** Believing that your emotion explains a situation. If you have strong feelings about something then it must be true.
- **Personalization:** Thinking that you are responsible for more than is realistic. Taking many things personally.
- **All-or-Nothing Thinking:** Seeing the world in black and white with no space for in-between. If someone makes a mistake they are "bad."
- **Always Being Right:** When you are constantly in conflict because you just cannot see how you are wrong in anyway, or justify all your actions.

