

Thinking Traps Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Life is full of challenges, and our minds often try to make sense of them by jumping to conclusions, focusing on the negatives, or predicting the worst. These patterns, known as thinking traps, are common and can shape how we feel, how we act, and how we see the world. While these traps can feel automatic and believable, they often limit our ability to see situations clearly and respond effectively. This worksheet is designed to help you identify and understand your thinking traps, challenge unhelpful patterns, and reframe your perspective in a healthier, more balanced way. By taking the time to reflect and question your thoughts, you can reduce emotional distress, improve decision-making, and foster a greater sense of control over your life.

STEP 1: IDENTIFY THINKING TRAPS

What is the situation?

What are your initial thoughts?

What are you feeling?

Can you identify any thinking traps?

STEP 2: CHALLENGE YOUR THOUGHTS

What evidence supports this thought?

What evidence contradicts this thought?

What would you say to a friend in this situation?

What are the possible outcomes, and how realistic is each one?

STEP 3: MOVING PAST THE NEGATIVE THOUGHTS

Reframe your thinking:

PLAN YOUR NEXT STEPS

What actions can you take to address the problem or ease your stress?

What resources, people, or strategies could help?

How can you remind yourself of this new perspective when similar situations arise?