

Thinking Traps

Black and white thinking (or all or nothing thinking)

‘I must make a good impression at this party or I’ll *never* make friends.’

‘If I don’t get an A in the exam it’ll prove how stupid I am.’

.....

(Your example)

Over-generalizing

‘She’s cross with me; I know that she hates me, everyone hates me.’

‘If she doesn’t invite me to her party I’ll *never* make any new friends.’

.....

(Your example)

Predicting the worst

'I'm bound to fail that exam. My life will be ruined. I'll never get to college, or get a good job.'

'I'll hate that party; no one will speak to me.'

'She'll stop being my friend.'

.....

(Your example)

Self-blaming

'It's because I'm stupid/ugly/horrible/unlovable.'

'I've let everyone down.'

.....

(Your example)

Mind reading

'She'll think I'm stupid.'

'They all think I'm ugly.'

'My parents will be so disappointed in me.'

.....

(Your example)

Jumping to conclusions

‘If I don’t get picked for the team I’ll be so embarrassed, I won’t be able to play again.’

‘Where are they? They’re late. They’re not coming. I’ve been stood up.’

‘They’re whispering. I bet they’re talking about me.’

.....

(Your example)