

When we have thinking traps that keep us feeling unhappy and depressed, or make us feel even worse, or lead to us behaving in ways that make things worse, it's time to catch them, check them, challenge them and chuck them out.

Here are some of the most common thinking traps. We've given you a few examples, but can you find any examples from your own life? Your thought-catching log might include a few. We've left a space for you to add some examples of your own.

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)

Am I Depressed and What Can I Do About It?

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/unloveable.’

‘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.’

Thoughts on trial

‘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)