



AVOID THINKING TRAPS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Thinking Trap: Thinking Traps are overly rigid patterns in thinking that can cause us to miss critical information about a situation or individual.

1. Jumping to Conclusions:

Believing one is certain about a situation despite little or no evidence to support it.

2. Mind Reading:

Assuming that you know what another person is thinking, or expecting another person to know what you are thinking

3. Me, Me, Me:

Believing that you are the sole cause of every problem you encounter

4. Them, Them, Them:

Believing that other people or circumstances are the sole cause of every problem you encounter

5. Always, Always, Always:

Believing that negative events are unchangeable and that you have little or no control over them

6. Everything, Everything, Everything:

Believing that you can judge one's worth/character based on a single event or believing that what caused the problem is going to negatively affect many areas of one's life

Avoid Thinking Traps helps to build Mental Agility.

Identify the Thinking Traps you tend to fall into so you can correct your thinking in the moment and avoid the traps in the future.

Optimal performance requires you to Avoid Thinking Traps.