AVOID THINKING TRAPS

TASK: Teach your element the importance of being able to recognize and avoid thinking traps.

CONDITIONS: Discussion – Question based

STANDARDS: Understand the importance of identifying and avoiding thinking traps.

REFERENCE(S): https://www.sft.army.mil
What are Thinking Traps?
(Ask Soldiers what they think a Thinking Trap is) Then Discuss the definition.

**Definition:** Thinking Traps are overly rigid patterns in thinking that can cause us to miss critical information about a situation or individual.
AVOID THINKING TRAPS

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

Activating Event
The trigger: a challenge, adversity, or positive event.

Thoughts
Your interpretations of the Activating Event; what you say to yourself
- Jumping to Conclusions
- Mind Reading
- Me, Me, Me
- Them, Them, Them
- Always, Always, Always
- Everything, Everything, Everything

Consequences: ER
E: Emotions
R: Reactions

Mental Agility is a primary target of Avoiding Thinking Traps.