



# 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>



# AVOID THINKING TRAPS

## 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.



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## 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:**

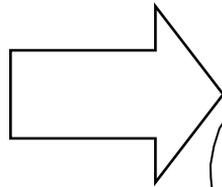
Believing that you can judge one's worth/character based on a single event or believing that what caused the problem is going to negatively affect many areas of one's life.



# 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.