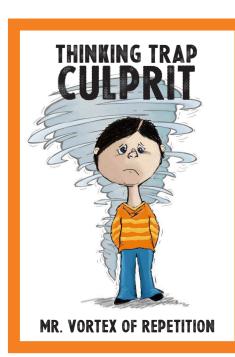


# PRINTABLE THINKING TRAP CULPRIT CARDS

CREATED BY MICHELE KAMBOLIS & ILLUSTRATIONS BY KEZZIA CROSSLEY





#### THINKING TRAP: LOOPBACK THINKING

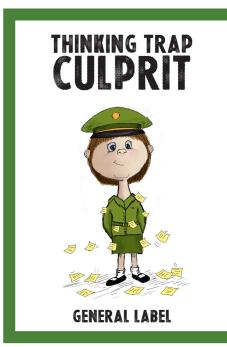
He thinks that if something happens once, it is bound to happen again. He is stuck on the same story and makes things worse by creating negative expectations that are hard to let go.

#### **EXAMPLE**

You hurt yourself at soccer and say, "I'm not playing anymore."

#### TO DEFEAT THE CULPRIT

Remind Mr. Vortex that if something happens once, it won't necessarily happen again. Think about a situation that ended in disappointment once, but went well the next time.



## THINKING TRAP: "ISM" THINKING

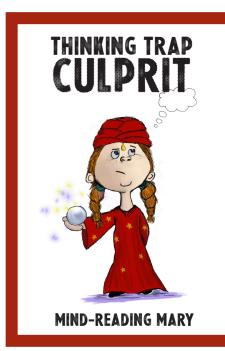
She loves to attach labels to herself and others. Unfortunately, she's in a hurry and doesn't want to waste effort collecting all of the data, so she takes shortcuts in her thinking and makes hasty judgments.

#### EXAMPLE

You complete the wrong page of homework and tell yourself, "I'm such a loser."

#### TO DEFEAT THE CULPRIT

Remind General Label that no one is perfect, and that mistakes are part of learning. Talk about what your feeling instead of labeling and draw a picture to show a solution.



#### THINKING TRAP: MIND READING

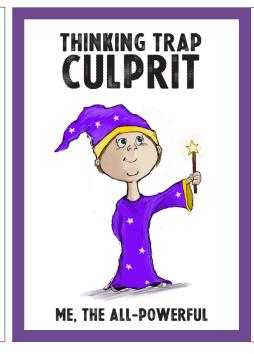
She is trying to help by making sense of our surroundings, but she's making it worse by assuming that everyone around is thinking negative things, which makes us feel like the whole world is against us.

#### EXAMPLE

You see a group of kids laughing in the playground and right away you assume they are laughing at you.

#### TO DEFEAT THE CULPRIT

Remind her that it is not possible to know what others are thinking and connect with your own thoughts instead. Write a card to yourself and include all the great things you know about yourself. Seal up the card and save it for a time when Mind-Reading Mary returns.



# THINKING TRAP: IT'S ALL ABOUT ME THINKING

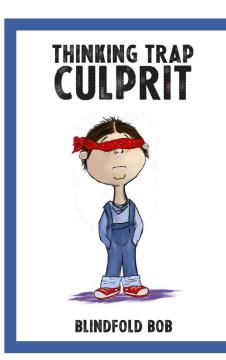
He assumes, that he causes everything. He feels stressed when other people are upset and he tries to make everyone feel better but he is unfairly making us feel guilt for things we didn't do.

#### **EXAMPLE**

Your mom is in a bad mood and you think, "It's my fault because I didn't make my bed."

#### TO DEFEAT THE CULPRIT

Create a list of things that you are responsible for and things that others are responsible for. Then, imagine a clear fluid boundary all around you creating an invisible force field between you and others.



#### THINKING TRAP: SKEPTICAL THINKING

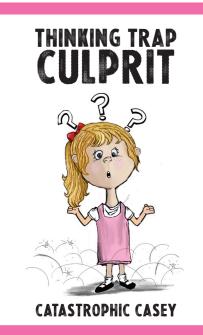
He minimizes all positive qualities or experiences and rejects positive feedback. He is trying to help us by keeping our expectations low to avoid disappointment.

#### **EXAMPLE**

Your mom compliments you when you do well at track and field, and you say, "You're just saying that because you're my mom."

#### TO DEFEAT THE CULPRIT

Remind Blindfold Bob "I am a worthwhile person and can be kind to myself." Be aware of your strengths; for example, "I really did do well at track and field today!"



# THINKING TRAP. DOOMSDAY THINKING

She imagines the absolute worst thing that could possibly happen in any situation. She is trying to help by letting us know when we might be in danger.

#### EXAMPLE

Your dad is driving you to school and you worry aloud, "Daddy, what if you're in a car accident?"

#### TO DEFEAT THE CULPRIT

Remind Catastophic Casey just how unlikely it is that her worry will ever come true.

Let her know "It's not happening right now" and the only thing that's real and true is exactly what's happening in this moment.

THINKING TRAP:

SHOULD AND SHOULDN'T THINKING

He thinks every decision we make

turns out to be a mistake, and tells

us that we could have done better,

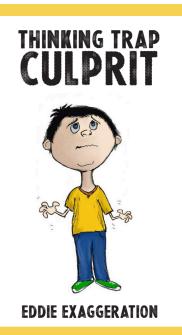
and we need to be perfect.

**EXAMPLE**You have an argument with a friend

and think, "I should have invited my

other friend instead. I would have

had a better time."



# THINKING TRAP: EXAGGERATED THINKING

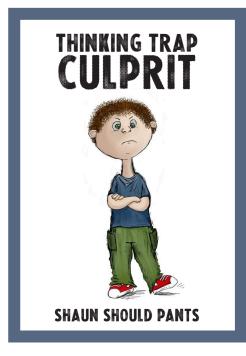
He tends to make small problems into huge ones. This is his way of trying to protect us from things that he believes will be difficult and stressful.

#### EXAMPLE

You receive a poor grade on a test and think, "I'm the worst at math."

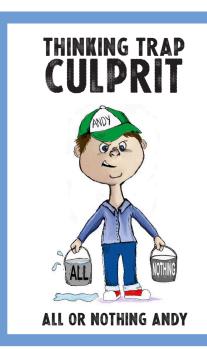
#### TO DEFEAT THE CULPRIT

Start working towards your goal in small, manageable steps.
Rather than thinking about cleaning your whole room, break it down into what you can do first, like cleaning off your desk.



## TO DEFEAT THE CULPRIT Remind him that regretting a

Remind him that regretting a decision doesn't mean you don't measure up. Tell yourself: "This is good enough for today. I might as well enjoy myself" and remind yourself that you can always make a different choice next time.



## THINKING TRAP: PERFECTIONIST THINKING

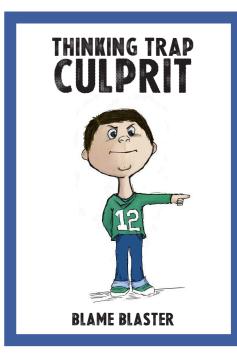
He thinks things are either perfect or terrible. He is trying to help by pushing us to do our absolute best in every situation, which makes us feel like anything that isn't perfect is actually horrible.

#### **EXAMPLE**

You sleep in, are late for school and think, "The whole day is ruined."

#### TO DEFEAT THE CULPRIT

Question All or Nothing Andy's attitudes and see if you can make them more flexible. For example, try changing "The whole day is ruined because I slept in" to "I may have slept in, but I can make this moment great!"



# THINKING TRAP. BLAME THINKING

He is trying to help us feel less vulnerable by placing the blame on someone else, but he is forgetting to look at what has actually caused the problem.

#### **EXAMPLE**

Your family cat has gone missing and you cry out, "It's Dad's fault. He probably left the door open again!"

#### TO DEFEAT THE CULPRIT

Remind Blame Blaster that a problem does not need to have blame attached to it. After all, problems are a great chance for learning! Remind Blame Blaster that it's more helpful to look for real solutions when something goes wrong.



# THINKING TRAP: BLACK AND WHITE THINKING

She sees things in black or white; she likes to categorize situations into things that always happen and things that never happen, even if they actually happen only sometimes.

#### EXAMPLE

Your mom asks you to leave the room to calm down after a fight with your brother and you think, "She always take his side!"

#### TO DEFEAT THE CULPRIT

Write, draw or think of a list of exceptions to Amy's all-or-nothing thinking and remind Amy that there is such thing as "sometimes!"

## **INSTRUCTIONS**

Print on thick card paper
Cut out each card
Fold in half
Glue together