

Mind Traps: Getting in and Out of Trouble



Our mind can get us into trouble, but it can also get us out of trouble. It's a bit like digging holes. Every time we have a negative thought we dig another hole. **We need to get into the habit of filling in every hole that we dig.**



Let's try a few situations together...

Negative Thought: If I don't finish this work today, I may as well quit!

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: I hate having to pay taxes / bills; it's the worst activity ever!

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: Person X is out to get me!

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: I always make a fool of myself when I'm hanging out with my friends.

Negative Feelings: _____

Balancing Positive Thought: _____



Mind Traps



Now work with a partner to brainstorm some helpful thoughts that will fill in the holes.



Negative Thought: What if I don't make a good impression on _____?

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: This is too much work; I will never get this done!

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: Why do people drive so slowly? They're going to make me late!

Negative Feelings: _____

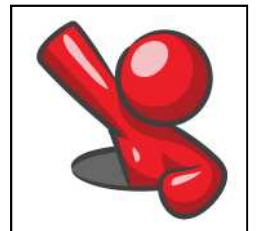
Balancing Positive Thought: _____



Negative Thought: I have a new mole; it must be cancer.

Negative Feelings: _____

Balancing Positive Thought: _____



Mind Traps

Now complete some of the mind traps below. If you finish one, move onto another one.

Negative Thought: Work / School left a message; I must be in trouble.

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: I can never _____ without messing up.

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: _____ is late coming home; something awful must have happened.

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: If I had been a better partner, we would still be together.

Negative Feelings: _____

Balancing Positive Thought: _____

