

Stress Thinking Traps For Teens



Mind Reading

You assume you know what people thinking without having evidence or proof of their thoughts.

"He thinks I'm an idiot."
"I'm not going to make the team"



Future Telling

You predict the future - that things will get worse or that there's danger ahead.

"If I go, people will make fun of me."
"If I talk, I will mess up and not say what I mean."



Catastrophizing

You believe what might happen will be so awful and unbearable that you won't be able to stand it.

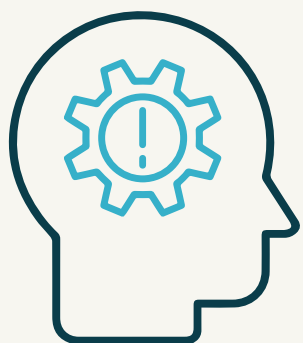
"It would be terrible if I failed."
"If I make a bad grade then I will never get into a good college."



Labeling

You assign general negative traits to yourself and others.

"I'm disgusting."
"He's horrible."
"She's irrelevant."



Overgeneralising

You perceive the likelihood of a negative outcome based upon a single incident.

"I fail all the time."



Negative Filter

You focus almost exclusively on the negatives and seldom notice the positives.

"Look at all the terrible things on the news."
"Girls never have anything nice to say."



Discounting The Positives

You claim that the positives that you or others have don't matter.

"That's what I'm supposed to do, so it doesn't count."
"Those successes were easy so they don't matter."



All Or Nothing Thinking

You view events or people in all-or-none/ black-and-white terms.

"It was a waste of time."
"I get rejected by everyone."
"Nothing ever goes my way."



Shoulds

You interpret events in terms of how things should be rather than simply focusing on what is.

"I should do well; if I don't, I'm a failure."
"My friends should include me."