

IDENTIFYING THINKING TRAPS FORM		
Emotion (0-100)	Thought	Cognitive (Thinking) Trap
Happy		All or none
Sad		Catastrophizing
Anxious/Scared/Nervous		Dismissing or discounting the positive
Ashamed		Emotional reasoning
Angry		Labeling
Frustration		Magnification
Guilty		Mind-reading/fortune telling
Other		Overgeneralizing
		Personalization
		Should, must statements
		Hindsight bias