

| 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 |