

Thinking Traps Worksheet

This worksheet is designed to help you identify, challenge, and change your automatic negative thoughts by recognizing the thinking traps you might be falling into. By working through this template, you'll develop a more balanced perspective and learn helpful strategies for managing negative thinking patterns.

Personal Information

Name:

Date:

Instructions

Below you will find several common scenarios that might trigger negative thinking. For each scenario:

1. Write down the **Negative Thought** that comes to mind.
2. **Classify the Type of Thinking Trap** you believe this thought falls into.
3. **Challenge the Thought** by coming up with a more balanced perspective.

Scenario 1

Description:

Negative Thought:

Type of Thinking Trap:

Balanced Perspective:

Scenario 2

Description:

Negative Thought:

Type of Thinking Trap:

Balanced Perspective:

Scenario 3

Description:

Negative Thought:

Type of Thinking Trap:

Balanced Perspective:

Scenario 4

Description:

Negative Thought:

Type of Thinking Trap:

Balanced Perspective:

Additional Space for Your Own Scenarios

Your Scenario:

Negative Thought:

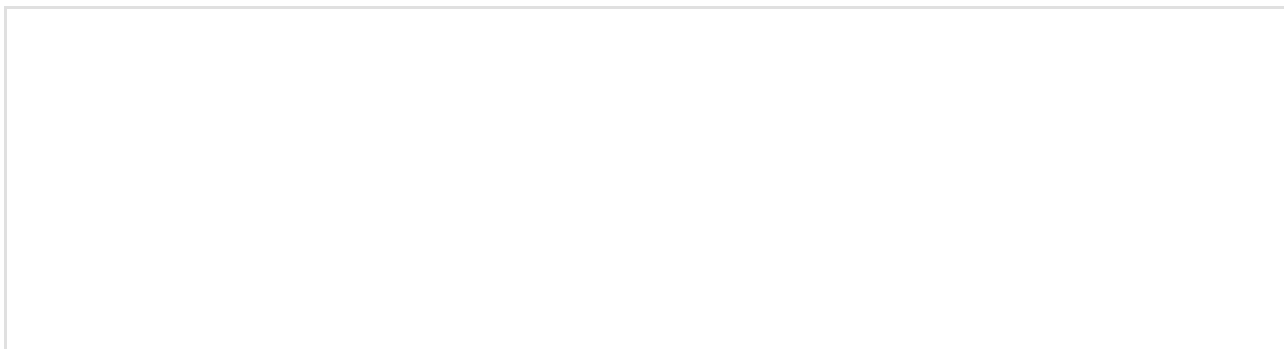
Type of Thinking Trap:

Balanced Perspective:

Reflection Section

After completing the scenarios, reflect on what you learned about your thinking patterns. How can recognizing and challenging these traps improve your daily life and emotional well-being?

Your Reflections

A large, empty rectangular box with a thin black border, intended for the user to write their reflections.

Remember, the goal of this worksheet is not to judge your thoughts but to understand and improve your thinking patterns for better emotional health. Practice these steps regularly to become more adept at identifying and transforming negative thoughts.