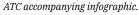


- Kids These Days -

Thinking Traps

Training System⁶ www.kskits.org





What are they?

Thinking Traps are common patterns of thinking that keep us from seeing the big picture.

Our emotions can keep us from thinking clearly, especially in tough situations.



Let's dive into these Thinking Traps and how to recognize them!

How do we escape?

Using Mental Cues (MC) and **Critical Questions (CQ)!**

Jumping to Conclusions

This drives impulsivity. It's the biggest thinking trap!



Mind Reading

Communication Blocker. We assume we know what the other person is thinking or we expect others to know what we're thinking.

1. Jumping to Conclusions

MC: Slow Down.

CQ: "What is the evidence for/against my thoughts?"

4. Them, Them, Them

MC: Look inward.

CQ: "How did I contribute?"

Me, Me, Me

Confidence Blocker. We believe we are the cause of the problem.

Them, Them, Them

Victim Mentality. We believe oth<mark>er p</mark>eople or events are the cause of the problem.



2. Mind Reading

MC: Speak up. CQ: "Did I express myself/ask for information?"

5. Always, Always, Always

MC: Grab control.

CQ: "What's changeable? What can I control?"

Always, Always, Always

It's about time & control. We believe negative events are unchangeable and we have no control over them.

3. **Me, Me, Me**

MC: Look outward.

CO: "How did others and/or circumstances contribute?"

6. Everything, Everything, **Everything**

MC: Get specific.

CQ: "What is the specific behavior that explains the situation? What specific areas of life will be affected?"

Everything, Everything, Everything

Failure to Compartmentalize. We believe that what caused the problem is going to negatively affect many areas of our lives.



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