

# - Kids These Days - Thinking Traps

ATC accompanying infographic.

## 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)**!

### 1. Jumping to Conclusions

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

### 2. Mind Reading

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

### 3. Me, Me, Me

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

### 4. Them, Them, Them

Victim Mentality. We believe other people or events are the cause of the problem.

### 5. Always, Always, Always

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

### 6. Everything, Everything, Everything

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

#### 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?"

#### 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?"

#### 3. **Me, Me, Me**

**MC:** Look outward.

**CQ:** "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?"

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