

*my worry is...*

I shouldn't feel anxious.



Should  
Statements

*my worry is...*

I always mess things up.



Black or  
White Thinking



Over-Generalizing

*my worry is...*

When I fly to Toronto tomorrow,  
the plane is going to crash.



Fortune-Telling



Catastrophizing

*my worry is...*

I'm going to make a mistake.



Fortune-Telling



Catastrophizing

*my worry is...*

I feel like she doesn't like me.



Mind-Reading



Emotional  
Reasoning

*my worry is...*

I should be able to do this on  
my own.



Should  
Statements



### Thinking Traps

Common patterns and ways of thinking that distort reality and feed negative emotions (like anxiety, worry, and depression)

### Balanced Thoughts

By considering both positive and negative aspects of a situation, balanced thoughts more accurately reflect reality and encourage positive coping.



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*my worry is...*

I'll just be a burden if I tell  
anyone what's wrong.



Should  
Statements

*my worry is...*

If they criticize my project,  
I failed



Black or  
White Thinking

*my worry is...*

If I miss another shot in the  
game, I should quit basketball.



Black or  
White Thinking



Should  
Statements

*my worry is...*

I'm never going to be able to  
make any friends.



Fortune-Telling



Catastrophizing

*my worry is...*

Nothing ever works out for me.



Over-Generalizing



Negative Brain  
Filter

*my worry is...*

If things don't go right,  
it will be all my fault.



Black or  
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*my worry is...*

I'm a terrible person for having these thoughts.



Should Statements



Emotional Reasoning

*my worry is...*

My presentation tomorrow will be a complete failure.



Fortune-Telling



Catastrophizing

*my worry is...*

No one will love me if I don't succeed tomorrow.



Catastrophizing



Mind-Reading

*my worry is...*

If I go on that camping trip, I'll probably get a huge fever.



Over-Estimating Danger



Catastrophizing

*my worry is...*

I feel like something bad is going to happen today.



Fortune-Telling



Emotional Reasoning

*my worry is...*

I can't handle this, I'm going to go crazy.



Catastrophizing



Emotional Reasoning



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*my worry is...*

I'm trapped and I won't be able to escape.



Over-Estimating  
Danger



Catastrophizing

*my worry is...*

Something is going to happen to the person I love while they are away.



Fortune-Telling



Over-Estimating  
Danger

*my worry is...*

My teacher/boss thinks I'm a failure.



Fortune-Telling



Over-Generalizing

*my worry is...*

This is so boring, I can't handle being here.



Black or  
White Thinking



Negative Brain  
Filter

*my worry is...*

Everyone thinks I'm awkward.



Mind-Reading



Over-Generalizing

*my worry is...*

No one is going to talk to me.



Fortune-Telling



Catastrophizing



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*my worry is...*

My arm hurts, it might be cancer.



Over-Estimating  
Danger



Catastrophizing

*my worry is...*

I don't know how to answer this question. I've probably forgotten everything.



Over-Generalizing



Negative Brain  
Filter

*my worry is...*

When I go to my friend's house on Sunday, their dog is going to attack me.



Over-Estimating  
Danger



Catastrophizing

*my worry is...*

Everyone is laughing at me behind my back.



Catastrophizing



Mind-Reading

*my worry is...*

The world is going to end.



Fortune-Telling



Catastrophizing

*my worry is...*

No one likes me.



Mind-Reading



Negative Brain  
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