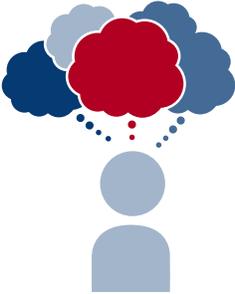


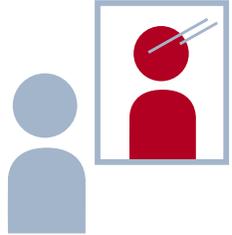
GUIDE TO MIND TRAPS

Mind traps are types of faulty thinking that can increase stress. Remember, the best way to release yourself from a mind trap is to challenge your thoughts:

- **Fact check.** What's the evidence for this?
- **Develop alternative hypotheses.** Are there any other possibilities here?
- **Gain perspective.** What would a neutral party say about this?
Who has the knowledge or authority to help you better understand the situation?

MIND TRAP	EXAMPLE	EMOTIONAL CONSEQUENCES
<p>"SHOULD" STATEMENTS</p> 	<p>You pressure yourself with "should" statements and then feel bad when things don't go exactly to plan.</p> <ul style="list-style-type: none">• "I should close this deal without help."• "I should go to all my child's basketball games."	<p>You feel paralyzed by never living up to your own expectations—or the expectations you imagine others have for you.</p>
<p>ALL-OR-NOTHING THINKING</p> 	<p>You see things in extremes of all good or all bad.</p> <ul style="list-style-type: none">• "If we don't get this budget increase, we'll never make next year's goals."• "If I don't get promoted this spring, I'll never go anywhere in this company."	<p>You make decisions based on emotional extremes, not the more likely scenario that you'll experience a balance of gains and setbacks.</p>
<p>OVERGENERALIZING</p> 	<p>You see an event that happened once or twice as inevitably repeating.</p> <ul style="list-style-type: none">• "This always happens."• "That never works."	<p>You overlook nuance in situations and may fail to consider new ideas.</p>

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MIND TRAP	EXAMPLE	EMOTIONAL CONSEQUENCES
<p data-bbox="175 422 440 447">CATASTROPHIZING</p> 	<p data-bbox="591 417 1008 474">Without bothering to get the facts, you assume the worst.</p> <ul data-bbox="591 512 1008 646" style="list-style-type: none"><li data-bbox="591 512 1008 569">• "Our department is being restructured. I know I'll be fired."<li data-bbox="591 590 1008 646">• "My manager wants to talk to me. I must be in trouble."	<p data-bbox="1099 417 1507 537">You become stressed and anxious in the face of change and uncertainty. This attitude can be contagious to others.</p>
<p data-bbox="191 789 423 814">PERSONALIZING</p> 	<p data-bbox="591 785 1019 842">You take things personally or assign blame to yourself inappropriately.</p> <ul data-bbox="591 879 1019 1083" style="list-style-type: none"><li data-bbox="591 879 1019 968">• "Our idea isn't going to be implemented—I didn't explain it properly."<li data-bbox="591 989 1019 1083">• "I wasn't asked to join the committee because leadership doesn't like me."	<p data-bbox="1099 785 1446 842">You easily become defensive or anxious.</p>