

COGNITIVE TRAPS

Use when GREEN/YELLOW but thinking is blocking access to the Tech-Toolbelt.
If RED or spiraling: Page 1.

Find the loop sentence → match a row → answer the question in one concrete sentence → then Page 2 (one test).
One-line rule: Care first. Then one controlled test.

#	DISTORTION (example loop sentence)	COUNTER-MOVE QUESTION (answer once, then run one test)
1	ALL-OR-NOTHING "If it's not perfect, it's pointless."	What's the smallest useful outcome for this session?
2	CATASTROPHIZING "This error means everything is broken."	What is the concrete impact right now (today), not the whole chain?
3	OVERGENERALIZING "I'm awful with tech. I always mess this up."	Which exact step is failing, under what conditions?
4	LABELING "I'm stupid / broken / useless."	Describe the situation without mentioning yourself: what is hard, and why?
5	SHOULD STATEMENTS "I should already know this."	Drop "should." According to who? Who benefits from that rule?
6	MIND READING "People will judge me / I'll look incompetent."	Assume you can't know. What action helps you either way?
7	FORTUNE TELLING "This will never work."	What one small, reversible test would count as evidence either way?
8	PERSONALIZATION "This broke because of me."	What changed last? What single test targets that change?
9	MENTAL FILTER "Nothing works. Everything is failing."	What is one neutral fact you can verify right now?
10	EMOTIONAL REASONING "I feel doomed, so it's doomed."	The feeling is real. What are the facts in one sentence?

IF THIS PAGE ISN'T HELPING

If you can't match a row, can't answer the question, or you're getting more activated:
Go to Page 1 → YELLOW track or Stop Rules. If you stop, stop. When you return later: start again at Page 1.