

D List of Thinking Traps (Sharma et al., 2023)

Thinking Traps	Description	Example
All-or-Nothing Thinking	Thinking in extremes.	If it isn't perfect, I failed. There's no such thing as "good enough".
Overgeneralizing	Jumping to conclusions based on one experience.	They didn't text me back. Nobody ever texts me back.
Labeling	Defining a person based on one action or characteristic.	I said something embarrassing. I'm such a loser.
Fortune Telling	Trying to predict the future. Focusing on one possibility and ignoring other, more likely outcomes.	I'm late for the meeting. I'll make a fool of myself.
Mind Reading	Assuming you know what someone else is thinking.	She didn't say hello. She must be mad at me.
Emotional Reasoning	Treating your feelings like facts.	I woke up feeling anxious. I just know something bad is going to happen today.
Should Statements	Setting unrealistic expectations for yourself.	I shouldn't need to ask for help. I should be independent.
Personalizing	Taking things personally or making them about you.	He's quiet today. I wonder what I did wrong.
Disqualifying the Positive	When something good happens, you ignore it or think it doesn't count.	I only won because I got lucky.
Catastrophizing	Focusing on the worst-case scenario.	My boss asked if I had a few minutes to talk. I'm going to get fired!
Comparing and Despairing	Comparing your worst to someone else's best.	My niece's birthday party had twice the amount of people
Blaming	Giving away your own power to other people.	It's not my fault I yelled. You made me angry!
Negative Feeling or Emotion	Getting "stuck" on a distressing thought, emotion, or belief.	I am feeling lonely.