



Mental Traps Monitoring

Instructions

Record specific instances in which you are noticing strong unpleasant emotions, like anger, shame, anxiety, disappointment, frustration, or sadness.

1. In the first column (**Situation**), record what you were doing when you started to notice a significant change in how you were feeling. Make sure to record specific details, such as who you were with, where you were, and what had just happened. This will provide a better understanding of the reasons for subsequent thoughts and responses
2. In the second column (**Automatic thoughts**), record any automatic negative thoughts (ANTs). ANTs can take the form of verbal thoughts, but can also take the form of images, or memories. If a recorded thoughts an image (e.g. “I had a picture in my mind of him smiling as he pushed in”), question what that image means to you (e.g “It means he knows that he’s taking advantage, that he thinks I’m weak”) and record that meaning.
3. In the third column (**Emotions & body sensations**), record your emotional and physiological reactions in that moment. Emotions can typically be described using single words (e.g. anxious, miserable, humiliated, angry, hurt). Rate the intensity of these sensations on 0–100% scale.
4. In the fourth column (**Mental Traps**), record whether your automatic thoughts could be categorized as belonging to any of the common mental traps including: all or nothing thinking, catastrophizing, overgeneralizing, filtering, disqualifying the positive, jumping to conclusions, minimization, emotional reasoning, Shoulding, labeling, personalization, blaming self-serving bias, confirmation bias, fallacy of being right, fallacy of of change, fallacy of of fairness, control fallacy or heaven's reward fallacy.

Mental Traps Monitoring Worksheet

Situation Who were you with? What were you doing? Where were you? When did it happen?	Automatic thought What went through your mind? (Thoughts, images, or memories)	Emotions & body sensations What did you feel? (Rate intensity 0–100%)	Mental Traps Does your thought fall in to any of these common traps?
	If it was an image or memory, what did it mean to you?		<ul style="list-style-type: none"> <input type="checkbox"/> All or nothing thinking Thinking in extremes. For example, something is either 100% good or bad. <input type="checkbox"/> Catastrophizing Jumping to the worst possible conclusion. <input type="checkbox"/> Overgeneralizing Seeing a pattern based upon a single event. <input type="checkbox"/> Mental filter Only paying attention to certain types of evidence ("that doesn't count"). <input type="checkbox"/> Disqualifying the positive Discounting positive information or twisting a positive into a negative. <input type="checkbox"/> Jumping to conclusions Mind reading or predicting the future. <input type="checkbox"/> Minimization Discounting the importance of something. <input type="checkbox"/> Emotional reasoning Assuming that because we feel a certain way our hunch must be true. <input type="checkbox"/> Shoulding Using words like 'should', 'must', and 'ought'. <input type="checkbox"/> Labeling Assigning labels to ourselves or others ("I'm a failure", "He is worthless"). <input type="checkbox"/> Personalization or Blaming Taking too much or too little responsibility. <input type="checkbox"/> Biases or Fallacies Confirmation Bias, Self-serving Bias; Fallacies of Change, Fairness, Control, Being right, Heaven's Reward

Mental Traps Monitoring Worksheet - Example

Situation Who were you with? What were you doing? Where were you? When did it happen?	Automatic thought What went through your mind? (Thoughts, images, or memories)	Emotions & body sensations What did you feel? (Rate intensity 0-100%)	MentalTraps Does your thought fall in to any of these common traps?
<p>Saw my reflection in a window when I was just about to meet some friends of my partner.</p> <p>Colleague from another department complimented me on something I had made.</p>	<p><i>I don't look my best, this is a disaster!</i></p> <p><i>I look like a complete mess.</i></p> <p><i>What if they won't like me and my partner breaks up with me, and I'll stay lonely for the rest of my life.</i></p> <p>He's only saying that because he wants something. I copied part of it from another product anyway.</p> <p>If it was an image or memory, what did it mean to you?</p>	<p>Disappointed, deflated, nervous - 50%</p> <p>Tense, suspicious, angry - 70%</p>	<p><input type="checkbox"/> All or nothing thinking Thinking in extremes. For example, something is either 100% good or bad.</p> <p><input type="checkbox"/> Catastrophizing Jumping to the worst possible conclusion.</p> <p><input type="checkbox"/> Over-generalizing Seeing a pattern based upon a single event.</p> <p><input type="checkbox"/> Mental filter Only paying attention to certain types of evidence ("that doesn't count").</p> <p><input type="checkbox"/> Disqualifying the positive Discounting positive information or twisting a positive into a negative.</p> <p><input type="checkbox"/> Jumping to conclusions Mind reading or predicting the future.</p> <p><input type="checkbox"/> Minimization Discounting the importance of something.</p> <p><input type="checkbox"/> Emotional reasoning Assuming that because we feel a certain way our hunch must be true.</p> <p><input type="checkbox"/> Demands Using words like 'should', 'must', and 'ought'.</p> <p><input checked="" type="checkbox"/> Labeling Assigning labels to ourselves or others ("I'm a failure").</p> <p><input type="checkbox"/> Personalization or Blaming Taking too much or too little responsibility.</p> <p><input type="checkbox"/> Biases or Fallacies Confirmation Bias, Self-serving Bias; Fallacies of Change, Fairness, Control, Being right, heaven's Reward</p>