

Thinking Traps

If you find yourself in the midst of a thinking trap, that is **not** permission to get the bat out that I described to you earlier! Think of it as an opportunity or an open door for loving yourselves well so when life happens, you are bouncing back like never before!

- **Overgeneralizing**: Making “always and “everything”, “never” and “nothing” explanations about something.

For example: “I’ll never make it.” Or, “Nothing good ever comes my way.” How about, “You always leave everything for me to do.” Or, “Everything is always my fault!”

These are “forever” words. These words have a tendency to be very self-fulfilling. Matthew 12:34 says, “Whatever is in your heart determines what you say.”

- **Remedy to Overgeneralizing**: We have to stop self-sabotaging and start asking yourself some questions.

For example: “Is this really a true assessment of myself or someone else?” “Is this really about my character or someone else’s character, or just a specific one-time thing?”

Giving yourself and others a little grace, is the key to beating overgeneralizing!

- **Mind Reading**: Believing you know what others are thinking and then acting accordingly.

This particular thinking trap blocks communication quicker than anything! Do any of you have any ideas of why that might be?

- **Remedy to Mind Reading**: You have a voice. If you are wondering about something, speak up! Ask questions! Be honest here, are you expecting others to know what you want or what you need without telling them?



- **Emotional Reasoning:** Drawing conclusions about the world around you based on your current emotional state.

When I'm tired, emotional reasoning gets the best of me. Sometimes it's best to just walk away, know what I mean?

- **Remedy to Emotional Reasoning:** We have to be able to separate our feelings from the facts!

For example: Ask yourself, "Is it possible my feelings don't reflect the situation accurately?"