



Thinking Traps II

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!

- **Jumping to Conclusions:** Making assumptions without relevant data. Not really having all the information.
- **Remedy to Jumping to Conclusions:** Slow Down!
Ask yourself, “What it is that I am basing my conclusion on?”; “Do I even have any proof?” Shut it down!!
- **Personalizing:** The tendency to always attribute problems to one’s own doing.
- **Remedy to Personalizing:** Ask yourself, “What else may be contributing to this situation?”; “Is taking all the responsibility of this situation helping me or hurting me?”

Look outside the box a little. This will widen your perspective and give more clarity.

- **Blame Game:** The tendency to always attribute the cause of problems to something or someone else.

For example: “If he would just”; “They always” (what trap are you hearing there?) or “If she would have done it my way.”



- **Remedy to the Blame Game:** Start holding yourself accountable.

I know that sounds harsh, but if you are a Blame Gamer, the only way to turn it around is to take some of the responsibility.

For example: Ask yourself, “How much is me and how much is it about others?”; “Did I really have a roll in this situation?” or “What was my responsibility here?”