

# MIND SHIFT GAME

We all get pulled into thinking traps - but when we learn to spot traps and challenge them, we start to change our own self-talk. Write the name of a thinking trap, and come up with an example thought (or use the example from the [Glossary](#)). Then, come up with as many alternatives (other explanations) as possible. It may also help to think about what you'd say to a friend who was stuck in the trap.

NAME OF TRAP



EXAMPLE THOUGHT



ALTERNATIVE THOUGHTS +/-or ADVICE I'D GIVE A FRIEND



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