

THINKING TRAPS

Thinking traps are exaggerated or irrational **negative thought** patterns, and they can **lead us to believe things that aren't necessarily true**. Here are some examples that come up related to technology and social media:



THE THOUGHT

"My friend didn't respond to my text so she must be mad at me."

"If my photo doesn't get a lot of likes, it means I'm a failure."

"Everyone I follow is happier than me."

"I get distracted by my phone because I don't have any self-control!"

"I can't stop thinking about that one negative comment."

"I sent a text when angry and now my friend will never talk to me again."

"I shouldn't care how many likes I get."



THE TRAP

MIND READING

When you assume you know what someone else is thinking or feeling.

LABELING

When you use negative labels for yourself.

ALL OR NOTHING THINKING

When you make big generalizations. (Words: All, Always, Never, Nobody, etc.)

PERSONALIZING

When you put the blame on yourself.

NEGATIVE FILTER

When you focus only on the negatives.

FORTUNE-TELLING

When you assume you know what will happen, and it's going to be bad!

SHOULD

When you think about what you "should" (or shouldn't) do or be like.



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