NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Thinking Traps

Stress can make unhelpful thinking patterns harder to notice. Name the pattern, check the evidence, and try a more balanced response.

Type in the boxes using a PDF reader such as Adobe Acrobat, or print and write by hand. Your answers stay on your device; nothing is sent to NewLeaf Pathways.

Six common patterns

All-or-nothing thinking. "If I slip once, I have failed completely."

Catastrophizing. "This bad day means everything is falling apart."

Mind reading. "They did not text back; they must be angry."

Should statements. "I should be over this by now."

Emotional reasoning. "I feel guilty, so I must have done something wrong."

Labeling. "I made a mistake, so I am a failure."

Catch it, check it, change it

Notice the thought and name the pattern. Ask what evidence supports or challenges it. Then write a more balanced version.

Try it now

The thought:

The thinking pattern:

A more balanced version:

Support when you need it

911
Immediate danger

988
Call or text for crisis support, 24/7

1-800-662-4357
SAMHSA treatment referral, 24/7