

THINKING TRAPS ASSESSMENT

Thinking Trap	Seldom	Sometimes						Often			
1. I imagine worst-case scenarios (catastrophizing).	1	2	3	4	5	6	7	8	9	10	
2. I exaggerate the negative or discount the positive.	1	2	3	4	5	6	7	8	9	10	
3. I convince myself that I know what people are thinking (mind reading).	1	2	3	4	5	6	7	8	9	10	
4. I live by a list of unbreakable rules for myself or others.	1	2	3	4	5	6	7	8	9	10	
5. I hold others responsible for my pain or hold myself responsible for others' pain (blame). ¹³	1	2	3	4	5	6	7	8	9	10	
6. I assume things are true because they "feel" true.	1	2	3	4	5	6	7	8	9	10	
7. I see things as either black or white with little in between (black-and-white thinking).	1	2	3	4	5	6	7	8	9	10	
8. I am hypervigilant about some things (tunnel vision).	1	2	3	4	5	6	7	8	9	10	
9. When something goes wrong, I attribute it to something I did (personalizing).	1	2	3	4	5	6	7	8	9	10	
10. When I try to make a decision, I get stuck by doubting myself (overthinking). ¹⁴	1	2	3	4	5	6	7	8	9	10	