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.

Use a PDF reader that supports forms to type in the fields, or print and write by hand. Save your completed copy privately. This PDF does not automatically send your entries to New Leaf 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

Immediate danger: call 911. For crisis support, call or text 988. For treatment referral and information, call SAMHSA at 1-800-662-4357.