

Mind Traps in our Everyday

In the webinar we discussed the importance of awareness when it comes to **Mind Traps**. As a reminder, Mind Traps are some of the ways in which our 'autopilot' mind can alter our perception, leading us to view situations slightly differently from those around us. These thinking styles can be useful, but if we try to apply this thinking to all situations, it may start to be counterproductive to our goals.

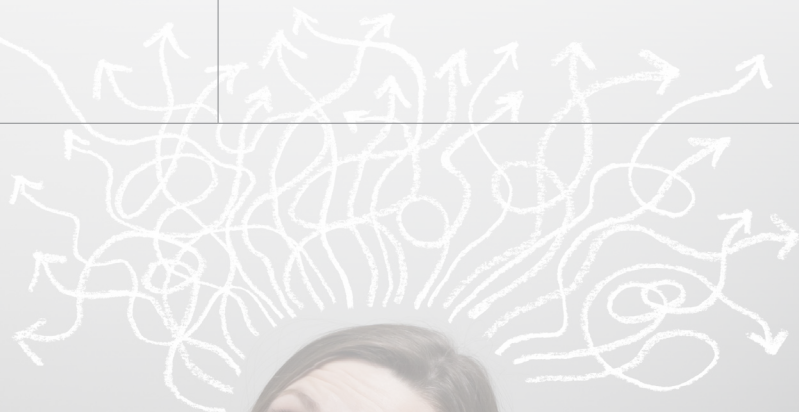
In the webinar we covered five Mind Traps:

1. **Catastrophising** is the tendency to automatically see the very worst-case scenario.
2. **Personalisation** is the tendency to think that everything that happens- everything that people say and do – is in relation to you personally. For example, you take things personally.
3. **Should thinking** is the tendency to see life through a list of self-created demands. For example, "I should do that", "I should not have done that". Or to others: "he should be doing this", "she should not be doing that". You get disappointed if these demands are not met.
4. **Mind reading** is the tendency to think that you know exactly what others are feeling and thinking, but without having the facts or checking with them.
5. **All or nothing thinking** is the tendency to think in absolutes – either everything is great or everything is terrible...and there's nothing in between.

Everyone has mind traps, but some will resonate with you more than others. Think about the behaviour change that you'd like to make. How may your Mind Traps assist or resist that change? (e.g. I often feel overwhelmed. My behaviour change is taking a break on the hour, every hour)

Catastrophising	
Assist	Resist
<i>(e.g., this will help me to plan for future obstacles and think about things that might stop me from taking a break)</i>	<i>(e.g., this will help me to plan for future obstacles and think about things that might stop me from taking a break)</i>

Personalisation	
Assist	Resist
<i>(e.g., I'm very people focused and can use that to build shared accountability with a colleague who is going through something similar)</i>	<i>(e.g., I might worry that if people think I'm being lazy by taking time for myself)</i>



Mind Traps in our Everyday (cont'd)

Should thinking	
Assist	Resist
<i>(e.g., can help me be more disciplined about when I take my breaks)</i>	<i>(e.g., may make me feel guilty for taking that time)</i>

Mind reading	
Assist	Resist
<i>(e.g. I'm a very empathetic person, and if someone else was going through this, I would support them 100%, I can apply that compassion to myself)</i>	<i>(e.g., I'm feeling overwhelmed and so I'm taking regular breaks, and I expect others to know that I'm feeling that way, even though I maybe haven't told them)</i>

All or nothing thinking	
Assist	Resist
<i>(e.g., can help me pool all of my possible resources for the highest chance of success)</i>	<i>(e.g., if I miss a break slot, may make me feel like I should give up)</i>