

**We can all use some resilience right now to get through this difficult time.**

## **The New Jersey State Bar Foundation can help!**

### **AVOID THE FOLLOWING THINKING TRAPS**

Resilience can be increased by avoiding falling into common “Thinking Traps.” Have you fallen into any of these thinking traps lately?

#### **1. Mind Reading Thinking Trap**

You assume you know what another person is thinking (often negative) or expect another person to know what you are thinking. The effect of this trap is a block of communication because you think you already know.

#### **2. Me Thinking Trap**

You believe you are the SOLE cause of every setback and problem so you believe you cause harm to others. The effect of this trap likely leads to guilt and disappointment in self and feeling isolated and down.

#### **3. Them Thinking Trap**

You believe that other people or circumstances are the SOLE cause of your setbacks and problems. The effect of this trap is anger and aggression.

#### **4. Catastrophizing Thinking Trap**

You ruminate on the irrational worst-case outcomes of a situation. This blocks you from taking action because of the disconnect between the assessment of the threat and the reality. The effect of this trap is agitation, anxiety and the inability to focus. The effect can also be physical through headaches, stomach aches, sweating, etc.

#### **5. Helplessness Thinking Trap**

You believe that the negative event will impact all areas of your life and you have no control. It's global and therefore there's nothing you can do about it. The effect of this trap is passivity, giving up, depression, lack of motivation and less energy.

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