

# Identifying Different Thinking Traps

## Objective

The goal of this activity is to allow group members to connect automatic thoughts to specific types of thinking traps.

## Materials

- Notecards and pens
- The different thinking traps (e.g., should statements, judging yourself unfairly) discussed in group written or printed out on individual pieces of paper; you can use the [Types of Thinking Traps](#) handout

## Preparation

Tape the thinking traps signs throughout the group room.

## Activity

- Provide notecards to group members at the beginning of group. Have them each write 1-3 automatic thoughts they had over the past week during a difficult situation.
- Give each group member an automatic thought notecard that other group members wrote at the beginning of the session.
- Ask them to tape their assigned automatic thought to the corresponding thinking trap sign hanging in the room.
- Finish by asking the group to share their assigned automatic thought, and which thinking trap they assigned it to.
- The activity may elicit differences and conversation regarding which automatic thoughts fit with which thinking traps.
- Encourage discussion of who might have experienced similar thinking traps or automatic thoughts in the past.