



## Chapter 3 Home Practice

### Practice Table: Spot Thinking Traps

Notice events this week, or use a practice table from previous weeks, and try identifying the **Thinking Traps**.

SITUATION	AUTOMATIC THOUGHT	FEELINGS Sensations, Emotions	SPOT: IDENTIFY THINKING TRAPS
My two-month-old baby sneezed once today; I have not seen this behaviour before.	"My baby is sick, and this could get really bad. I must drop everything to watch my baby."	Terror  Heart pounding, trembling, sweaty, breathless	<div style="text-align: right;">81 ↗</div> <ul style="list-style-type: none"> <li>• Jumping to Conclusions <b>(fortune telling)</b> <span style="float: right;">73 ↗</span></li> <li>• <b>Catastrophizing</b></li> </ul>
I am showing my friend a video and he checks the length of the video before it has finished.	"My friend is bored and thinks I am an idiot."	Shame  Flushed face, heart racing, sinking feeling in abdomen	<ul style="list-style-type: none"> <li>• Jumping to Conclusions <b>(mind reading)</b></li> <li>• <b>Labelling</b> <span style="float: right;">79 ↗</span></li> </ul>

# Chapter 3: SPOTTING THOUGHTS

SITUATION	AUTOMATIC THOUGHT	FEELINGS Sensations, Emotions	SPOT: IDENTIFY THINKING TRAPS



## 57 Practice Mountain Meditation Skill

What did you notice? \_\_\_\_\_  
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## 66 Read Strategies for Getting Distance from Thoughts

Are there any you already practice? Any that interest you to try?

**My Top Strategies:**

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## Notes