



# Thinking Traps Reference Sheet


Recognizing the patterns of 1.0 software

WHAT ARE THINKING TRAPS?  
Automatic thought patterns or cognitive distortions that keep us stuck in 1.0 software and limit our clarity, peace and growth.

## THE 15 MOST COMMON COGNITIVE DISTORTIONS (1.0 SOFTWARE PATTERNS)

<p><b>1</b> ALL-OR-NOTHING THINKING</p>  <p>Seeing things in extremes: perfect or failure, success or disaster, with no middle ground.</p>	<p><b>2</b> OVERGENERALIZATION</p>  <p>Taking one event and turning it into a broad rule. "This happened once, so it always happens."</p>	<p><b>3</b> MENTAL FILTER</p>  <p>Focusing only on the negative details while ignoring the positives.</p>
<p><b>4</b> DISCOUNTING THE POSITIVE</p>  <p>Rejecting good experiences, strengths, or successes as if they "don't count."</p>	<p><b>5</b> JUMPING TO CONCLUSIONS</p>  <p>Assuming something without enough evidence:</p> <ul style="list-style-type: none"> <li>• Mind Reading: "I know what they think."</li> <li>• Fortune Telling: "I know what will happen."</li> </ul>	<p><b>6</b> MAGNIFICATION &amp; MINIMIZATION</p>  <p>Making problems bigger and strengths/successes smaller.</p>
<p><b>7</b> EMOTIONAL REASONING</p>  <p>Believing something is true because it feels true. "I feel inadequate, therefore I am inadequate."</p>	<p><b>8</b> SHOULD STATEMENTS</p>  <p>Rigid rules about yourself, others, or life. "I should always..." "They should never..."</p>	<p><b>9</b> LABELING</p>  <p>Turning a mistake or behaviour into an identity. "I failed" → "I am a failure."</p>
<p><b>10</b> PERSONALIZATION</p>  <p>Taking responsibility for things outside your control.</p>	<p><b>11</b> BLAMING</p>  <p>Giving away your power by making another person or circumstance fully responsible.</p>	<p><b>12</b> CONTROL FALLACIES</p> <p><b>EXTERNAL CONTROL</b> Believing you have no influence or choice. "There is nothing I can do."</p> <p><b>INTERNAL CONTROL</b> Believing you are responsible for everything. "Everyone's feelings/problems are my responsibility."</p>
<p><b>13</b> FALLACY OF FAIRNESS</p>  <p>Getting stuck because reality does not match what "should" be fair.</p>	<p><b>14</b> FALLACY OF CHANGE</p>  <p>Believing happiness depends on someone else changing first.</p>	<p><b>15</b> ALWAYS BEING RIGHT</p>  <p>Prioritizing being correct over learning, connection, or growth.</p>

THE SECRET 16TH THINKING TRAP



### THE NEED TO RESOLVE LIFE'S PARADOXES

The mind struggles to allow two opposing truths to exist at the same time.



Integration is not about choosing one side. It is about learning to hold both.

AWARENESS IS THE FIRST STEP. COMPASSION IS THE NEXT. INTEGRATION IS THE JOURNEY.