

Overcoming Mind Traps



Looking at the 'mind traps' suggest mental reframes you could use to try to overcome them. Add more than one if you can think of a few! There is space for you to add any more examples for you try and overcome

'Mind trap' Example	Mental Reframe
I got the question wrong, I'm not smart	I tried my best and I can try again next time
It's out of my control	
I can't do it	
I'm always wrong	
I'm not going to like it	
They've not responded to my text, they don't like me	
I'm never going to get better at this	