

OVERCOMING MIND TRAPS



Name: _____ Date _____

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!

| 'MIND TRAP' EXAMPLE | MENTAL REFRAME |
|--|--|
| I got that question wrong, I'm not smart! | I tried my best and I can try again next time. |
| It was just good luck that I scored that goal. | |
| It's out of my control. | |
| I can't do it. | |
| I'm always wrong. | |
| I'm not going to like it. | |
| I never get invited to things. | |
| Maths is just too hard for me. | |
| I'm never going to get better at this. | |
| I don't want to learn that. | |