

What Are Thinking Traps?

NAME _____

DATE _____

Can you actually retrain your brain to avoid negative thought patterns?

As you watch the KQED *Above the Noise* video "[How Your Brain Tricks You into Negative Thinking](#)," capture your thoughts in the chart below.

	Things I have learned
What is a <i>thinking trap</i> ?	
What are the 5 thinking traps mentioned in the video?	
What are some tips to avoid falling into thinking traps?	