

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!

'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.	

OVERCOMING MIND TRAPS



Looking at the 'mind traps' suggest mental reframes you could use to try to overcome them.

I FEEL ... EXAMPLE	MENTAL REFRAME
I feel underappreciated.	I no longer feel underappreciated. I feel Appreciated
I feel anxious	I no longer feel anxious, I feel peaceful
It's out of my control. I feel worried	I no longer feel worried. I feel assured
I can't do it. I feel troubled	I no longer feel troubled. I feel calm.
I'm always wrong. I feel distressed	I no longer feel distressed. I feel content.
I'm not going to like it. I feel uncooperative	I no longer feel uncooperative. I feel cooperative.
I never get invited to things. I feel rejected.	I no longer feel rejected. I feel accepted and approved
I feel insecure in learning new things.	I no longer feel insecure. I feel secure.
I'm never going to get better at this.	I no longer feel inferior, I feel reliable
It's all my fault. I made a mistake.	I no longer feel at fault, I feel forgiveness.

One Minute Stress Release Technique is a powerful way to create a change with the double negative affirmation

I FEEL ... EXAMPLE

I NO LONGER FEEL

Organ System	Positive Emotion I Feel	Negative Emotion I no longer feel.....
Gall Bladder	Humble	
Lung	Cheerful	Depressed
Pineal	Communicative	Speechless
Thymus	Calm	Troubled
Heart	Secure	Insecure
Eye	Successful	Overwhelmed
Stomach	Reliable	Unreliable Inferior
Ear	Supportive	Unsupportive Uncooperative
Parotid Spleen Pituitary	Joyful	Unhappy
Urinary Bladder	Longsuffering Assured	Futile
Pancreas	Approved Unselfish	Rejected
Thyroid	Serving Goodness	Humiliated Shamed
Liver	Content	Distressed
Hypothalamus	Pleasant	Undesirable
Skin	Harmonious	Uneasy
Small Intestine	Appreciated	Unappreciated
Large Intestine	Mild	Exasperated
Reproductive	Assured Steadfast	Worried
Kidney	Firm Steadfast	At fault Un error
Adrenal Parathyroid	Peaceful	Anxious
Blood	Wiling	Unwilling
Nervous	Restful	Nervous
Lymph	Confident	Confused

Name: _____

Date: _____

IDENTIFYING STRESS

Which of the following makes you feel angry?

- ☐ Someone says you did something wrong.
- ☐ Someone belittles you.
- ☐ You want something you cannot have.
- ☐ Someone shouts at you.
- ☐ You are told you can't do something right.
- ☐ Someone doesn't agree with you.
- ☐ You are unable to finish your task.
- ☐ You are feeling left out.
- ☐ There's too many people.
- ☐ There's too much noise.
- ☐ Someone is disturbing you.
- ☐ There's too much homework.
- ☐ There's too much housework.
- ☐ Someone criticizes you.
- ☐ Someone hurts you.
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FEELINGS

match the emotion words to the correct face.

Sad
Happy

Irritated
Angry

Scared
Surprised



○ SUNSHINE

Happy Word or Place

Stress Word	Baseline Blood Pressure	OMSR Both Directions	Blood Pressure AFTER	Change?
Example	124/72		110/70	- 14 Systolic
				
				
				
				

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