Slide 1

MONTA VISTA ATHLETICS

CHARACTER LAB

THINKING TRAPS

INCLUDING A BRIEF HISTORY OF SYSTEM 1/SYSTEM 2 THINKING

Slide 2

Slide 3

WHAT WAS GOING ON IN THE PREVIOUS SLIDE?

Slide 4

17×42

Slide 5

WHAT WAS GOING ON IN THE PREVIOUS SLIDE?

17×42

Slide 6

THINKING WITH SYSTEM 1 AND SYSTEM 2

System 1:
- Fast
- Subconscious
- Automatic
- No sense of voluntary control
- Everyday decisions
- **Error prone**

System 2:
- Slow
- Conscious
- Effortful
- Agency, choice, concentration
- Complex decisions
- Reliable

Slide 7

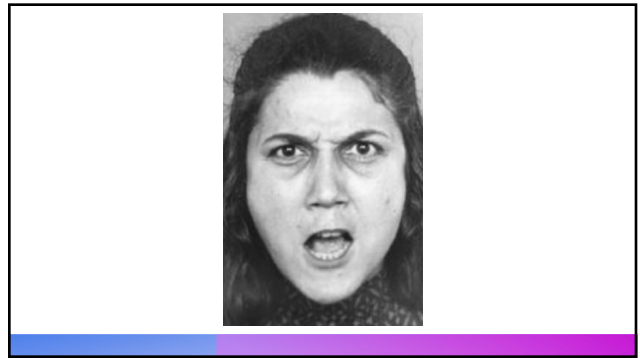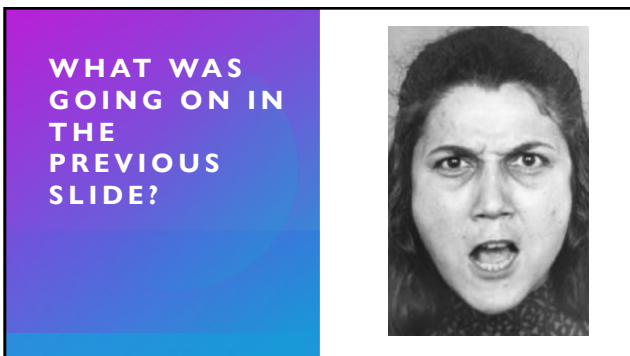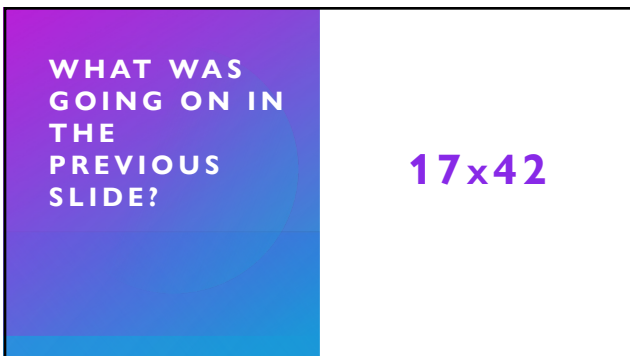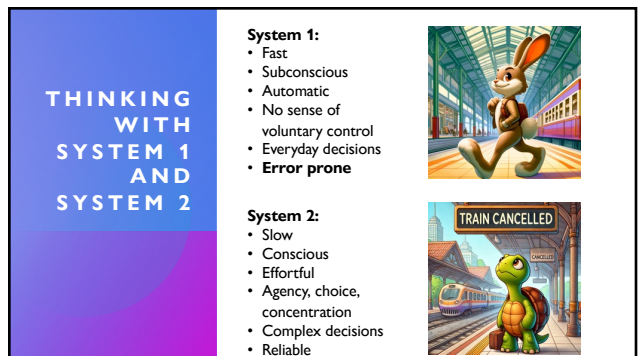**WE IDENTIFY WITH SYSTEM 2, OUR REASONING SELF THAT MAKES CHOICES AND HAS CONSCIOUS BELIEFS…**

System 1
- Walk through a train station we visit repeatedly.
- Orient to the source of a sudden sound.
- Complete the name "Taylor….."
- Make a "disgust face" when shown a horrible picture.
- Detect hostility in a voice.
- Turn a doorknob.
- Detect that one object is more distant than another

System 2
- Figure out next steps when a train is cancelled.
- Focus on the voice of a particular person in a crowd.
- Brace for the starter gun in a race.
- Maintain a faster running speed than is natural for you.
- Monitor the appropriateness of your behavior
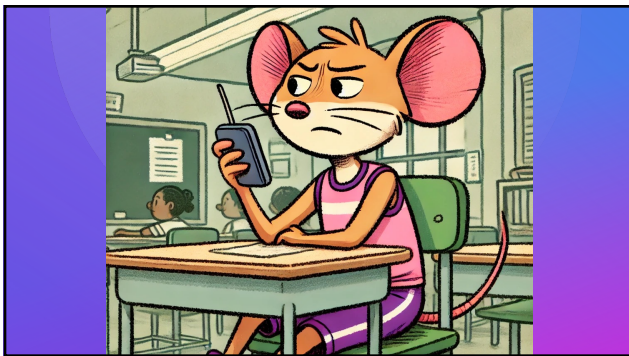- Compare two personal computers for value.
- Fill out a tax form.

…HOWEVER, SYSTEM 1 EFFORTLESSLY PRODUCES FEELINGS AND IMPRESSIONS THAT THE UNDERLIE THESE CHOICES AND BELIEFS

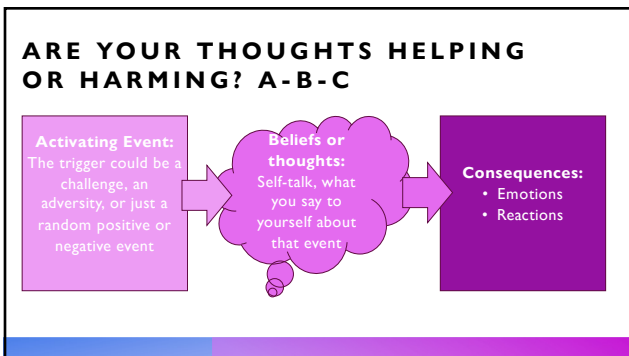Kahneman, D. (2011). Thinking, fast and slow. Farrar, Straus and Giroux.

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Slide 8

8

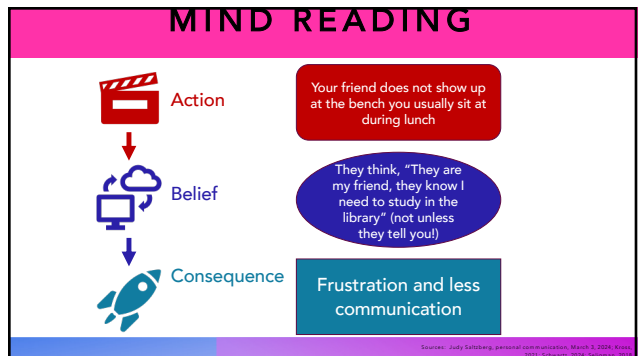## Slide 9

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Slide 10

THINKING TRAPS

RIGID PATTERNS IN OUR THINKING THAT CAUSE US TO MISS IMPORTANT INFORMATION

- Counterproductive thought patterns
- Extensive research
  - Learned helplessness/Martin Seligman (2018)
  - Depression, anxiety, cognitive therapy/Aaron Beck (2011)
  - Irrational thinking and emotional behavioral therapy/Albert Ellis (2018)
  - Decision making, psychology, and economics/Barry Schwartz (2004)
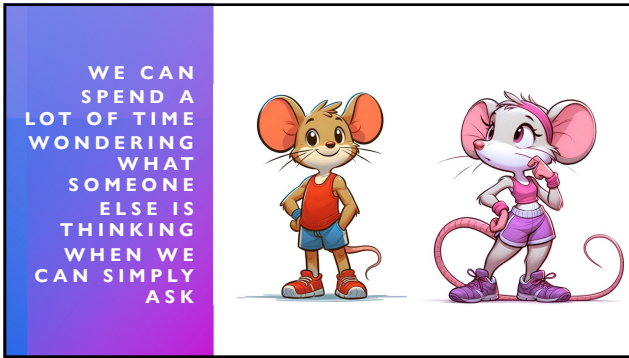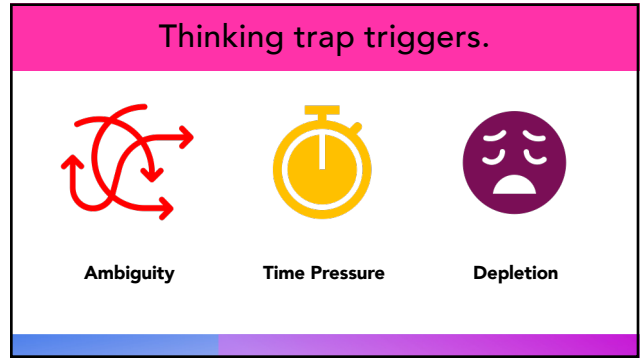- We can recognize, identify, and avoid thinking traps

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Slide 11

ARE YOUR THOUGHTS HELPING OR HARMING? A-B-C

Activating Event: The trigger could be a challenge, an adversity, or just a random positive or negative event

→

Beliefs or thoughts: Self-talk, what you say to yourself about that event

→

Consequences:
- Emotions
- Reactions

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Slide 12

MIND READING

Action — Your friend does not show up at the bench you usually sit at during lunch

Belief — They think, "They are my friend, they know I need to study in the library" (not unless they tell you!)

Consequence — Frustration and less communication

Sources: Judy Saltsberg, personal communication, March 2, 2024; Kross 2021; Schwartz, 2004; Seligman, 2018

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Slide 13

WE CAN SPEND A LOT OF TIME WONDERING WHAT SOMEONE ELSE IS THINKING WHEN WE CAN SIMPLY ASK

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Slide 14

Thinking trap triggers.

Ambiguity

Time Pressure

Depletion

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Slide 15

Common Thinking Traps

Mind Reading

It's all me

I'm defective.

It's all you guys

Catastrophizing

Helpless

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Slide 16

Common Thinking Traps

Mind Reading — Believing you know what another is thinking (or they, you)

It's all me — Believing you are the sole cause of a problem

I'm defective. — Believing you are fundamentally bad or useless

It's all you guys — Believing other people or circumstances are sole cause of problems

Catastrophizing — Believing the worst will happen

Helpless — Believing you have no control, and negative events will effect all areas of your life

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Slide 17

Other Common Thinking Traps

Mind Reading — Frustration, less communication

It's all me — Sadness, guilt

I'm defective. — Shame

It's all you guys — Anger!

Catastrophizing — Anxiety

Helpless — Passivity

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Slide 18

Be a detective
and figure out what is the truth...

Write it down

Invite others to disagree

Talk!

What would I notice if I thought the opposite?

ASK FAIR QUESTIONS!

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9/30/24
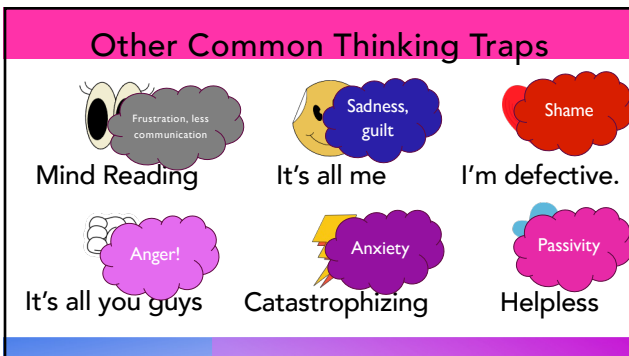
Be A Detective

Mind Reading

It's all me

I'm defective.

It's all you guys

Catastrophizing

Helpless

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Be A Detective

Mind Reading
How do I know? Check it out

It's all me
What else could it be? Slice it up.

I'm defective.
What old story is this? We are together.

It's all you guys
What about me? Are they constrained?

Catastrophizing
What is my plan? One step at a time.

Helpless
Control the controllables. What can I do?

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An Exercise: Distancing Self-Talk

Let's think of a time you were very frustrated or disappointed with a race or a test…

How did you talk to yourself about this incident?

Imagine the same thing happened to a teammate. What advice would you give them?

Can you give yourself the same advice in the third person?

Kross, 2021

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Tips to Avoid Thinking Traps

Saltzberg, personal communication, March 3, 2024

Decrease depletion, stay rested!

Look for ambiguity; ask questions.

Create distance;

label, defuse, BREATHE
Ask questions, broaden the picture, what else could be true?

Chatter is a good read for more (Ethan Kross, 2021)

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Wrap Up and Homework

- Homework: At the end of each day for the next week, think back and try to identify a thinking trap you fell into from this list
  - Mind Reading: I assumed someone knew what I was thinking.
  - All about me: I assumed it was my fault.
  - I am flawed: I'm just bad at this, or useless
  - It's all you: It's someone else's fault
  - Catastrophizing: I assumed disaster
  - No control: I assumed there was nothing I could do.
- How can we think about this differently?
- Write these down and call me if needed!

Feedback!

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BE MORE INTENTIONAL

We want you to have happy lives.

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