

9 Mindset traps with Stress, Anxiety or Depression

Hi, I'm Cara Beltrame

I'm a registered **Clinical Hypnotherapist & Wellness Mindset Coach**, and founder of **Rest Easy Hypnotherapy**.

I can help. You don't need to struggle or suffer.
It doesn't take a long time to change.
It can be much easier to heal than you think.



Here are **9 Mindset traps** that hold you back and keep you in anxiety, stress & depression



1. Fortune Telling

Unresourceful Mindset

Sometimes we predict that things will turn out badly.

What causes it? Comes from previous experiences we have had, fears, or preceptory experiences.

These are all patters. This causes us to be stuck in avoidance – avoiding events, social situations, being in public etc.

Truth is - We cant predict because none of us can predict the future.

Pro Trip – Challenge the thoughts – “What if, so what, what am I going to do about it?”

Fortune telling thoughts may be:
“I know Ill mess up”...
“I'll never be able to manage my anxiety”
“That social event is going to be horrible”
“What if something bad happens”

2. Black & White Thinking

Unresourceful Mindset

When only looking at situations in extremes.
Good/Bad, Hot/Cold, Success/Failure
Anything less than perfect is a failure.

Truth is

Life isn't actually that way.
Things aren't always all or nothing – they are in-between.

Pro Tip

Reframe your approaches to experiences, and challenge your old way of thinking.
Ask "why must it be all black and white?"

Positive Reframe

eg "My morning didn't go the way I wanted. I had a minor setback.
The rest of my day doesn't need to be the same"
eg. "I had a few bad minutes, not a bad day"

Black & White thoughts may be:

"Anything less than perfect is a failure"
"I didn't do my morning routine, now my whole day will be ruined"
"I had the cookie, now I need to have the whole hot fudge sundae"
"It must be this way"

3. Mind reading

Mind reading is assuming we know what other people are thinking about us.

Mindset trap

We perceive that we know what other people are thinking.

Truth is

We can't read minds, so we can't know what others are thinking.

Positive Reframe

If you are in a situation and you think that others are judging you or people won't like you, ask yourself 'is this mindset helping me? Do you think this will affect your ability to go out, or be in a situation? No this will not help you to be relaxed or confident.

These thoughts and doubts all end in avoidance. Avoidance is the worst thing you can do, because when choosing avoidance when you feel a certain way will cause anxiety.

This will then carve that groove in your mind, and avoid situations, because what if I am right?

This leads to strengthening the anxiety.

Pro Tip

These thoughts and beliefs are unfounded. Just because once a situation may have been that way, it doesn't mean they all are now or in the future.

Mind reading thoughts may be:

"Others think I'm stupid"
They're all judging me"
She doesn't like me"

4. Over Generalization

This is when we use words like 'always' or 'never' to describe situations or events.

This type of thinking is not helpful because it does not take all situations or events into account.

Mindset trap

Sometimes when we make mistakes, we think we 'always' will, but the truth is we don't 'always' make mistakes.

Positive Reframe

Just like we generalize the problems, we can also generalize solutions.

Pro Tip

When you catch yourself in over generalization thinking it is important to challenge it

"How do I know it will 'always' be like this?"

How do I know I will 'never'... ?

How do I know?

Just because you've experienced it at times in the past, it doesn't mean it will always be there.

Positive Mindset

When was a time you were confident, grounded, capable?

There must be atleast 1 experience in your life.

How can you shift this feeling into new situations?

Over generalization thoughts may be:

"I always make mistakes"

"I am never good at public speaking"

"It will never get better"

5. Labelling

Sometimes we talk to ourselves in mean ways and use a single negative word to describe ourselves.

Mindset Trap

This kind of thinking is unhelpful and unfair to ourselves.

We are too complex to be summed up in a single word.

For people who have struggled with feeling anxiety, stressed or depressed for so long, they believe they are, and are too beyond help.

Then we get stuck in the habit or the unresourceful mindset.

Truth

We don't know what we don't know. We don't know the other methods that do help, or the right mindset to experience change and relief.

Labelling thoughts may be:

"I'm stupid"

"I'm such a loser"

"I'm too beyond help"

"I'm broken"

6. Overestimating Danger

This is when we believe that something that is unlikely to happen is actually right around the corner. It's not hard to see how this type of thinking can maintain your anxiety.

Mindset Trap

This leads to more avoidance, which leads to anxiety. For example, how can you not feel scared if you think that you could have a heart attack at any time? This can lead to health anxiety.

Triggers into this Mindset Trap

There can be triggers that can lead to health anxiety

eg. A sudden injury or death of a love one.

eg An illness that was all of a sudden

eg A person has an anxiety attack, and goes to hospital to have heart checked out.

The tests are fine, but this then triggers anxieties about checking and rechecking health.

Unresourceful Behaviours

This mindset trap can lead to 'keep checking' behaviours - oxygen meter, blood pressure, or checking body for tumours.

This can lead to hyperawareness and fixation, which further leads to anxiety as it can lead to further doubts and negative beliefs

Then this can lead into avoidance, and cycle between the hyperaware and avoidance mindset trap.

Pro Tip – challenge beliefs.

Am I really in danger, even if I feel anxious?

What is a moderate and safe action? "I am safe. I am healthy"

Overestimating danger thoughts may be:
"what if next time it isn't just anxiety?"
"I will faint"
"I'll go crazy"
"Something bad will happen"
"I'll get sick"

7. Filtering

This happens when we only pay attention to the bad things that happen, but ignore all the good things.

Mindset Trap

This prevents us from looking at all aspects of a situation and drawing a more balanced conclusion

Examples are: Believing that you did a poor job on a presentation

because some people looked bored, even though a number of people looked interested and you received several compliments on how well you did.

This is really common.

Truth is that not everyone resonates with us.

Pro Tip – Challenge beliefs. Even though there are people that don't resonate with us as much as we like, there are so many examples of when people do like us.

It is important to filter out this self-criticism.

8. Catastrophizing

This is when we imagine that the worst possible thing is about to happen, and predict that we won't be able to cope with the outcome.

Mindset Trap

This looks like a loop
We overestimate the probability,
and underestimate our coping ability.

Truth

But the truth is the imagined worst-case scenario usually never happens and even if it did, we are most likely able to cope with it.

Pro Tip

Reframing and reassuring.
"even though I feel like the worst will happen, I know that is not likely,
and I can focus on what I can control, and make a more positive outcome for myself"

Catastrophizing thoughts may be:

"this, and then that, and then that thing will happen..., and that will happen..., and I won't be able to cope....."

"I will freak out and no one will help"

"I'm going to make such a fool of myself, and everyone will laugh at me, and I won't be able to survive the embarrassment"

9. Should or Must Statements

This is when you tell yourself how you "Should, or 'Must" or "ought" to feel and behave. However this is **NOT** how you actually feel or behave.

Mindset Trap

The result is that you are constantly anxious and disappointed with yourself and/or with others around you. We can't keep up with this pressure on ourselves or others.

Positive Reframe

Ask yourself "What would be a healthier alternative to should or must"?
Am I "shoulding" all over myself?

Pro Tip

Take a deep breath, and send some compassion and acceptance for yourself as you are, and take one easy, positive step to helping yourself feel better.
Could be a cup of tea, a walk, or simply acknowledging you are doing your best right now, even if you don't feel like it is good enough

Should or Must thoughts may be:

"I should never feel anxious"

"I should never make mistakes"

"I must control my feelings"

"I must have other people understand my anxiety"

These mindset traps are very very common traps to fall into.

why does knowing about these thought traps help me?

1. Knowing about them

helps you to recognize them if you are going down into that spiral.

You know what they are.

There are 9 of them.

So next time you hear those familiar thought patterns, or feel that uncomfortable feeling in your body whether it is fear, worry, anxiety, you can recognize it, and recall which one of the

9 Mindset Traps it is.

Ask yourself:

"Which one of these 9 Mindset Traps am I a part of now?"

2. Recognizing the Mindset Traps

Practice challenging them using **Rational Emotive Intervention**.

This is using logic to help stop that pattern. The more you use it, the more it will help to break the pattern.

3. From here, you have 2 choices:

You can apply this logic and understanding, or you can go further into self doubt.

The reason why you may think this way, is because this has been your experience in some ways in the past.

Many of us have gone down that road before.

Mindset Trap

We will then **generalize solutions** as a problem "I've tried therapy, it didn't work", or over complicate things with "I'm beyond help"

Most important point: This voice that tells you this:

Self doubt can sound like:

"I've tried this"

"This wont work"

"Nothing seems to help"

"I cant"

"I'm beyond help"

"Everybody else can do this better than me"

That's the anxious mind. It is lying to you like a cheating spouse would!

4. Change your thoughts

When you actively change your thoughts, this influences feelings, sensations and emotions, which influence behaviours, actions, reactions, and then create beliefs. This can be positive or negative, resourceful or unresourceful.

Pro Tip

Simply "You don't know what you don't know".

"whether you think you can, or think you can't you're right...Unless or until you have different or better or more useful information"

**What is the solution for this?
Stay tuned for what you need...
Here is what you don't need:**

Negative Belief: "I need other people to understand my anxiety"

The more you try to get other people to understand your anxiety, the more energy you give to your anxiety, and the stronger it becomes.

Result - This creates dependence on you needing other people to understand your anxiety in order for it to get better.

Most people out there won't understand how you feel because they haven't experienced what you feel.

This creates a helplessness, and makes getting better really hard.

Pro Tip

There are many people who don't understand, and that is ok.

Negative Belief: "I need to depend on the support of others to get better"

We all want to feel loved, supported and accepted, but when it comes to anxiety, feeling stressed and depressed, if we depend on the support of others to get better, than this also makes getting better so much harder, because it is virtually impossible to get from those people everything we need, or truly want.

Negative Belief: I need other people to tell me
'it will get better"

Truth

Other people telling you it will get better will not make it actually better.

Wanting to get support from people or have them tell you:

'everything is going to be ok. Its only temporary",
isn't really helpful because it doesn't solve the problem.

In most cases it doesn't even help temporarily.

It wont solve the problem.

These are all **clever ways** anxiety can **stay in control**.
Every Mindset trap thought is like a shock to your **nervous system**, and keeps you in **anxiety**.

Anxiety is not only in the **mind**, but it is in the **body**.

Pro Tip Methods for real change

Commit to **learning** and **using** solution based methods

We don't need to know what caused the anxiety, to be able to make it better.

Those methods need to be both mental and physical.

Mental – like **Hypnosis, Memory Drive Method, Emotional Freedom Technique,**

Physical –**Deep Somatic Breathing, Physiological Sigh, Posture of Excellence.**

SUMMARY

The 9 Mindset Traps are:

1. Fortune Telling
2. Black & White Thinking
3. Mind reading
4. Over Generalization
5. Labelling
6. Overestimating Danger
7. Filtering
8. Catastrophising
9. Should or Must Statements

Want to find out more?

1. Contact **Cara** at **Rest Easy Hypnotherapy** and request the **FREE Stress & Anxiety Management Resource kit**.

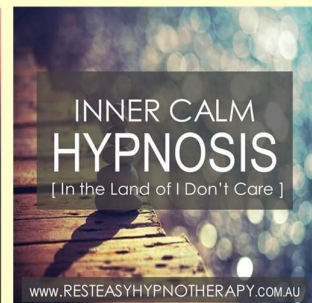
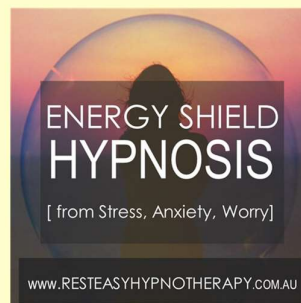
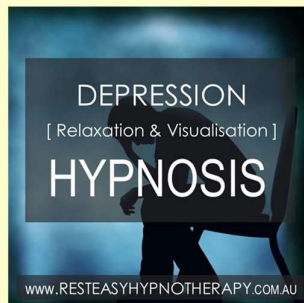
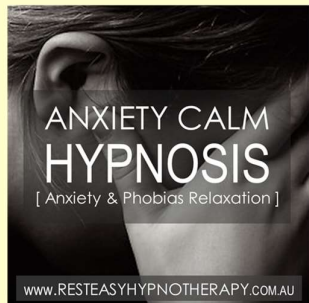
This includes **11 tools and techniques** you can use to overcome your anxiety, and have control again.

2. Download your guided hypnosis audio

- * *Anxiety and Phobias Management*
- * *Depression Relaxation*
- * *Shielding from Stress, Anxiety or Worry*
- * *Inner Calm – 'In The Land of I Don't Care'*

Enter coupon code **TAKE15** on checkout to receive \$15 off all audios!

<https://www.resteasyhypnotherapy.com.au/shop>



3. Book an appointment with Cara at Rest Easy Hypnotherapy

Treatment programs include:

- * Beating **Anxiety, Stress & Depression**
- * Beating **Health Anxiety**
- * Beating **Negative Thinking**
- * Beating **Imposter Syndrome**
- * Beating **Fear of going out** (socializing agoraphobia)
- * Beating **Fear of failure/ fear of success**
- * Healing **Trauma**
- * Set **Boundaries** & Overcome **People Pleasing** Set Boundaries & Overcome People Pleasing

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www.resteasyhypnotherapy.com.au

Treatment Plans

All appointments are 1.5 hours. I offer a full package of **3 appointments** including **all take home tools** and **complementary audios**.

All guided hypnotic audios available on my website www.resteasyhypnotherapy.com.au are available to clients **free of charge** and for an unlimited period.

Private Health claims and Tax Deductions

Private health rebates also apply. Please check with your provider.

if you use an ABN the entire cost can be claimed against income tax as 'Professional Development'

*"I highly recommend Cara's work! If you are **serious** about wanting **lasting change**, **clearing out negative emotions & pain**, replaced with a new **positive mindset**, **Rest Easy Hypnotherapy** is definitely worth it!"*



Joel (June 2023)

*"We all need that extra bit of assistance and expertise every now and then. Cara supported me on my journey of **rediscovering** my own **self love** and **self worth**, and gave me some great tools to remind me of my **innate power**."*

Thankyou so much, Cara.

*I highly recommend **Cara** to work with you on your next **self-empowering** journey."*



Monica, (March 2020)

Feel welcome to contact me to book an appointment, or to chat further about how I can help your clients achieve their goals and experience freedom and success.

Yours sincerely,

Cara Beltrame

Clinical Hypnotherapist, NLP & EMDR

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with Cara Beltrame

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