

7 Organizational Thought Traps—and How to Break Them

Recognize the patterns. Rethink the narrative.
Reframe your organization.

1

Magnification (Catastrophizing) or Minimization *Blowing problems out of proportion or downplaying things that matter.*

2

Overgeneralization Seeing a single setback as a never-ending pattern of failure.

3

Mental Filter *Focusing only on the negative and ignoring the positive.*

4

Jumping to Conclusions *Assuming thoughts or outcomes without evidence (mind-reading or fortune-telling).*

5

Disqualifying the Positive *Rejecting achievements or compliments as unearned or insignificant.*

6

Personalization *Blaming yourself for things beyond your control—or blaming others unfairly.*

7

Should Statements *Holding rigid expectations for yourself and others that lead to guilt or frustration.*

Doug Cooper is a strategist, storyteller, and systems thinker blending business precision with creative innovation. He and his company [Trubelo Development](#) help companies and individuals convert ideas to results. Contact Trubelo at support@trubelo.com to guide you from inception to exactly where you want to be.