



Which Thought Trap Is Running Your Maze?

Subtitle: Discover the thinking pattern your mind defaults to under stress — and how to gently shift it.

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Before You Begin

We all have mental shortcuts.
Sometimes they protect us.
Sometimes they quietly box us in.

This quiz isn't about labeling you.
It's about illuminating patterns.

There are no right or wrong answers — just tendencies.

Answer based on how you typically respond under stress, not on your best day.

Let's see which corridor your mind walks most often.

The Questions

(Each question has 5 answer options. Assign A–E behind the scenes for scoring.)

1. When something small goes wrong, your brain tends to:
 - A. Replay what you did wrong and how you should have handled it better.
 - B. Fast-forward to how this could spiral into something much bigger.
 - C. Wonder what others are thinking about it.
 - D. Tell you, "See? This always happens."
 - E. Decide that because it feels bad, something must be seriously wrong.
2. When someone takes a while to respond to a message, you:
 - A. Assume you said something wrong.
 - B. Imagine multiple worst-case scenarios.
 - C. Try to decode their tone and intention.
 - D. Think, "People always pull away."
 - E. Feel anxious and assume the anxiety itself means danger.
3. If you make a mistake at work or in a relationship:
 - A. It feels like a reflection of your character.
 - B. You imagine long-term consequences.
 - C. You assume others noticed and judged you.
 - D. You think, "I never get it right."
 - E. The discomfort feels so strong you want to fix it immediately.
4. When starting something new, you tend to:
 - A. Wait until you can do it perfectly.
 - B. Anticipate everything that could go wrong.
 - C. Worry how you'll be perceived.

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- D. Assume it won't work because it hasn't before.
 - E. Check how you feel first — and hesitate if you feel anxious.
5. When you feel overwhelmed, your inner voice sounds like:
- A. "You should be handling this better."
 - B. "This is going to fall apart."
 - C. "They're going to think you can't handle this."
 - D. "It's always like this."
 - E. "Something is wrong."
6. After a conflict, you are most likely to:
- A. Analyze what you did wrong.
 - B. Worry about long-term fallout.
 - C. Replay what they must think of you now.
 - D. Assume this confirms a pattern.
 - E. Sit in the feeling and assume it reflects reality.
7. When something feels uncertain:
- A. You try to control it by correcting yourself.
 - B. You imagine future disaster.
 - C. You monitor social cues closely.
 - D. You predict the same outcome as before.
 - E. Your body tightens and your mind searches for reasons.
8. When you succeed, you:
- A. Focus on what could have been better.
 - B. Wonder how it might unravel.
 - C. Question whether others are impressed.
 - D. Think it was probably luck.
 - E. Wait for the "other shoe to drop."
9. If you're behind on something, you think:
- A. "I should be further by now."
 - B. "This is going to become a disaster."
 - C. "They're judging me for this."
 - D. "I always fall behind."
 - E. "This feels wrong — something must be off."
10. Under stress, you're most likely to:
- A. Criticize yourself.
 - B. Catastrophize.
 - C. Mind-read.
 - D. Overgeneralize.
 - E. Equate feeling with fact.
11. When someone gives neutral feedback:
- A. You hear it as personal failure.
 - B. You anticipate future rejection.
 - C. You analyze their tone intensely.
 - D. You assume this confirms a pattern.
 - E. You feel anxious and assume danger.

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12. When making a decision:
- A. You worry about getting it wrong.
 - B. You think through worst-case outcomes.
 - C. You consider how others will interpret it.
 - D. You assume you'll repeat old patterns.
 - E. You check how it feels and trust the feeling completely.
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Scoring Key (Behind the Scenes)

Mostly A → Inner Prosecutor / Perfectionist Gatekeeper
(*Personalization + All-or-Nothing Thinking*)

Mostly B → Storm Forecaster
(*Catastrophizing*)

Mostly C → Social Mind-Reader
(*Mind-Reading*)

Mostly D → Echo Chamber
(*Overgeneralizing*)

Mostly E → Alarm System
(*Emotional Reasoning*)

If tied: Show blended result (e.g., “Storm Forecaster + Social Mind-Reader under stress.”)

The Results

The Inner Prosecutor / Perfectionist Gatekeeper

(*Personalization + All-or-Nothing Thinking*)

You tend to turn mistakes into verdicts.

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What it sounds like:

“I should have known.”

“If I can’t do it perfectly, I shouldn’t do it at all.”

What it protects:

Shame. Exposure. Being seen as inadequate.

Nervous system pattern:

Performance-driven activation.

Hidden payoff:

If you criticize yourself first, maybe no one else will.

10% Softer Sentence:

“It would be nice if I handled that differently.”

Choice Point:

Try the 10% version instead of the perfect version.

Compassionate Truth:

Your standards developed for a reason. They just don’t have to run the courtroom anymore.

 **The Storm Forecaster**

(Catastrophizing)

You anticipate disaster before it arrives.

What it sounds like:

“What if this ruins everything?”

What it protects:

Surprise pain. Loss of control.

Nervous system pattern:

Fight-or-flight activation.

Hidden payoff:

Preparation feels like safety.

10% Softer Sentence:

“What is happening right now?”

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Choice Point:

Regulate first. Then ask: Is this possible or probable?

Compassionate Truth:

Your mind is creative. It just overestimates the weather.

 The Social Mind-Reader

(Mind-Reading)

You scan for judgment like it's your job.

What it sounds like:

“They think I’m incompetent.”

What it protects:

Rejection. Disconnection.

Nervous system pattern:

Attachment activation.

Hidden payoff:

If you can anticipate rejection, maybe you can prevent it.

10% Softer Sentence:

“I’m imagining they might be thinking...”

Choice Point:

Replace certainty with curiosity.

Compassionate Truth:

Hyper-awareness once kept you connected. Now it just needs calibration.

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The Echo Chamber

(Overgeneralizing)

You turn moments into patterns.

What it sounds like:

“This always happens.”

“I never get it right.”

What it protects:

Hope. Future disappointment.

Nervous system pattern:

Shutdown or resignation.

Hidden payoff:

If you expect repetition, you won't get your hopes up.

10% Softer Sentence:

“This has happened before — but not always.”

Choice Point:

Name one time this pattern didn't occur.

Compassionate Truth:

Familiar feels safer than possibility.

The Alarm System

(Emotional Reasoning)

You equate feeling with fact.

What it sounds like:

“I feel anxious, so something must be wrong.”

What it protects:

Uncertainty.

Nervous system pattern:

Heightened sensitivity to internal cues.

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Hidden payoff:

If feelings are facts, you don't have to tolerate ambiguity.

10% Softer Sentence:

"I feel anxious — that doesn't automatically mean danger."

Choice Point:

Pause. Lengthen your exhale. Ask: Is this about now, or something older?

Compassionate Truth:

Your body speaks loudly. It just doesn't always have the full story.

 **Final Invitation**

You don't have to redesign your maze alone.

At Storm Haven, we help clients explore the nervous system beneath their thought traps, soften rigid language, and approach their patterns with curiosity instead of shame.

If you're ready to understand your thinking patterns more deeply — and gently shift them — we're here.

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