

# THINKING TRAPS

Sometimes our brains tell us things that are not fully true.

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## BIG PROBLEM MOUSE



Makes small problems feel huge.

## ALL OR NOTHING PANDA



Thinks things are only good or bad.

## FUTURE GUESSING FOX



Thinks it knows what will happen.

## MIND READING MONKEY



Thinks it knows what others are thinking.

## COMPARING BUNNY



Always compares itself to others.

## PERFECT PENGUIN



Believes everything must be perfect.

## BLAMING BEAR



Blames others when something goes wrong.

## WORRYING PUPPY



Always expects something bad will happen.

## MEAN NAME KITTY



Calls itself mean names.

## BOSSY OCTOPUS



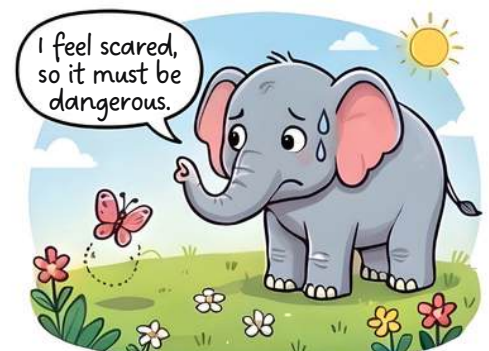
Thinks everything must go its way.

## RULE BOOK OWL



Thinks there are lots of rules about how things should be.

## FEELINGS ELEPHANT



Thinks something must be true because it feels true.

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