

CBT for KIDS: THINKING ERRORS

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Wellness
Resources

What Glasses Are You Wearing?

How do you think we process or experience? They change the way things are, don't they? Well, sometimes our brains see your glasses, and we can get tripped about the way things really are. Here are some common "glasses" our brains can wear, and the ways they can take up our things differently.



Distorting the Positive
When your brain doesn't "trust" the good stuff!
If you do well on a test, you might think "I got lucky."
If you get a compliment, you might think "Oh, how kind is she that because that's my friend!"



Mind Reading
These glasses make you think you know what others are thinking. It's a game of hide-it-over-there's. So, you think you know what's happening, you might think "They are talking about me and laughing about my presentation!"



Convincing
These glasses make you think that what you're thinking about is real. If you think of a bad idea or thought, you might think "I'll never have friends again and I will spend the rest of my life alone!"



Black and White Thinking
When your brain looks only at extremes or "all or nothing". If you forget something for school, you might think "That's it, the whole day is ruined!"



Overgeneralization
Things only. Examples in school: If you make a mistake, you might think "I messed up everything!"



Labeling
When you put a label on someone or something. If your friend makes a mistake, you might think "He's such a mess!" or "She's such a mess!"

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6 KID-FRIENDLY WORKSHEETS

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Table of Contents Guide For Thinking Error Class

1. Understanding the eBook Guide For Thinking Error Class
 - The Rise of Digital Reading Guide For Thinking Error Class
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide For Thinking Error Class
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide For Thinking Error Class
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide For Thinking Error Class
 - Personalized Recommendations
 - Guide For Thinking Error Class User Reviews and Ratings
 - Guide For Thinking Error Class and Bestseller Lists
5. Accessing Guide For Thinking Error Class Free and Paid eBooks

- Guide For Thinking Error Class Public Domain eBooks
- Guide For Thinking Error Class eBook Subscription Services
- Guide For Thinking Error Class Budget-Friendly Options
- 6. Navigating Guide For Thinking Error Class eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide For Thinking Error Class Compatibility with Devices
 - Guide For Thinking Error Class Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide For Thinking Error Class
 - Highlighting and Note-Taking Guide For Thinking Error Class
 - Interactive Elements Guide For Thinking Error Class
- 8. Staying Engaged with Guide For Thinking Error Class
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide For Thinking Error Class
- 9. Balancing eBooks and Physical Books Guide For Thinking Error Class
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide For Thinking Error Class
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide For Thinking Error Class
 - Setting Reading Goals Guide For Thinking Error Class
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide For Thinking Error Class
 - Fact-Checking eBook Content of Guide For Thinking Error Class
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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