

CBT for KIDS: THINKING ERRORS

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Wellness
Resources

What Glasses Are You Wearing?

Have you ever tried to guess or imagine? 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 when there's nothing together, you might think "They are talking about me and laughing about my presentation!"



Catastrophizing

These glasses make you think that even small or random event problems are really problems. If you look a little out of focus, you might think "Everyone here thinks I'm weird 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 "count" in terms of big conclusions. If you make a mistake, you might think "I messed up everything!"



Personalization

If your brain makes you think that even small or random event problems are really problems. If you look a little out of focus, you might think "Everyone here thinks I'm weird and I will spend the rest of my life alone!"

6 KID-FRIENDLY WORKSHEETS

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