THINKING *traps*

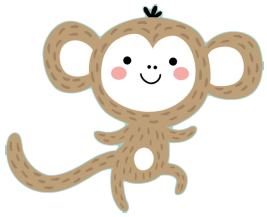
GENERALIZING



giraffe

"I ALWAYS MESS UP."

MIND-READING



monkey

"I KNOW WHAT OTHERS ARE THINKING."

LABELING



lion

"I MESSED UP, SO I'M NO GOOD."

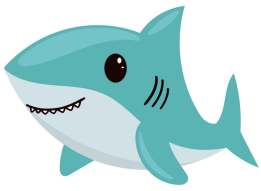
PERFECTIONIST



penguin

"I NEED TO BE PERFECT."

SHOULDING



shark

"I SHOULD BE BETTER."

BLAMING



bear

"IT'S ALL THEIR FAULT."

SPOT IT. STEP OUT. WHAT ELSE COULD BE TRUE?

Happy Minds SONGS

A free poster from Happy Minds Songs
The full kit has all 24 animals: happymindssongs.com