# THINKING *traps*

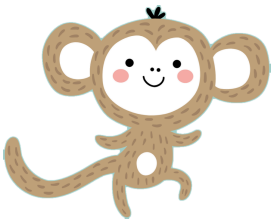
## GENERALIZING



**giraffe**

"I ALWAYS MESS UP."

## MIND-READING



**monkey**

"I KNOW WHAT OTHERS ARE THINKING."

## LABELING



**lion**

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

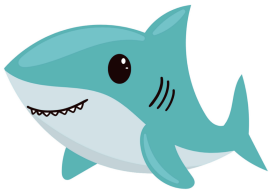
## PERFECTIONIST



**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