

THINKING STYLES FOR KIDS

By Lesley Shearer



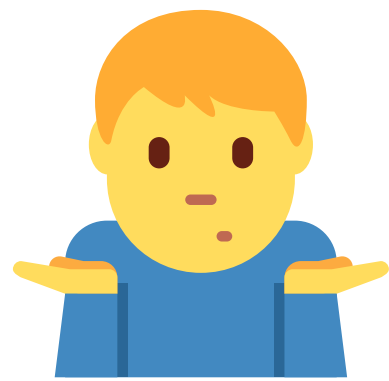
CHILD FRIENDLY PDF TO HELP UNDERSTAND THINKING HABITS.

IGNORING THE GOOD

You pay more attention to bad things in your head. You ignore anything good that happens.

For example:

1. You get a question wrong at school and its all you think about.
2. You are top goal scorer for your team but you are annoyed about the shot you missed.



BLOWING THINGS UP

When you make a big deal about something small. Or when you make something thats only a little bad, seem like the worst thing ever.

For example:

1. You stain your new shoes so you think you can't wear them again.
2. "Im not aloud to see my friends this weekend." I hate my life.



FORTUNE TELLING

Thinking you know whats going to happen and that it will be a bad outcome.

For example:

1. "I know if I ask her to dance she's going to say no"
2. " I bet no one will come to my birthday party"

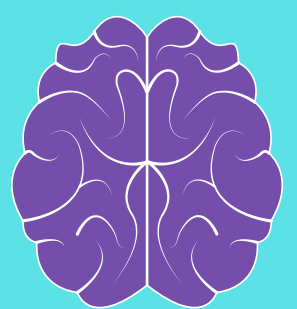


MIND READING

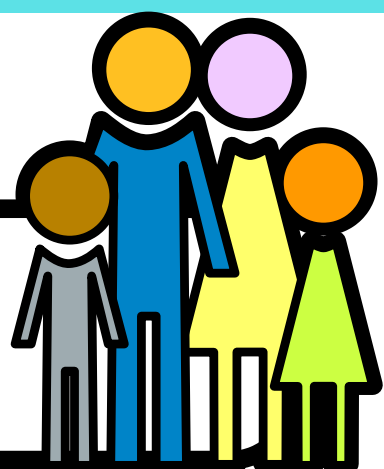
Believe you know what someone else is thinking and why they are doing something without having enough information.

For example:

1. "People are looking at me."
2. "My friend didn't invite me to her party. She thinks I'm weird."

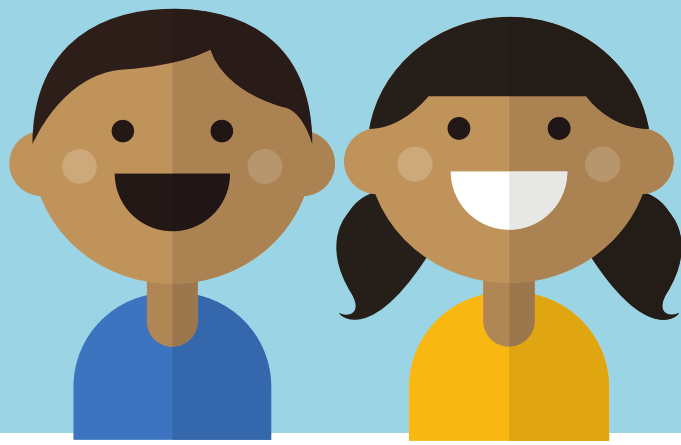


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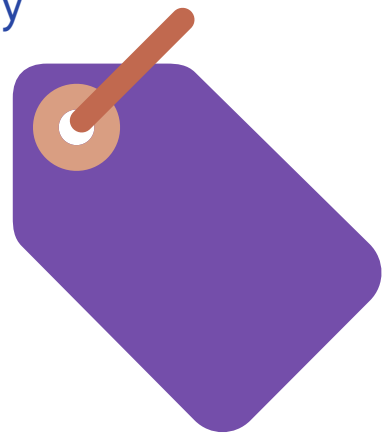
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NEGATIVE LABELLING

When you have a negative belief about yourself and apply it to everything you do.

For example:

1. "I'm a loser so my artworks stinks"
2. "I'm so stupid. Everything I say is dumb"

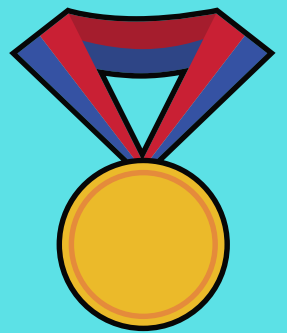


SETTING THE BAR TOO HIGH

Thinking that you must be perfect in everything you do, otherwise your not good enough.

For example:

1. "If I don't get an A then i'm a failure"
2. " If I don't win every tennis match then i'm worthless"

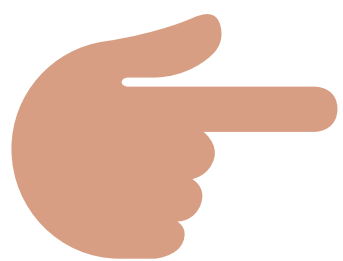


SELF-BLAMING

When you blame you for everything that goes wrong even if you didn't do anything.

For example:

1. When your football team loses you think its all your fault.
2. " Amy is sad today. I probably done something to upset her"



FEELINGS AS FACTS

When you believe that if you feel something then it must be true .

For example:

1. "I feel ugly, so I must be ugly"
2. "I feel like I let my friend down, I am a bad friend"



"SHOULD" STATEMENTS

When you believe things need to be a certain way.

For example:

1. "People should always be nice to me"
2. "I should always be happy, never sad"

