

# THOUGHT BUGS

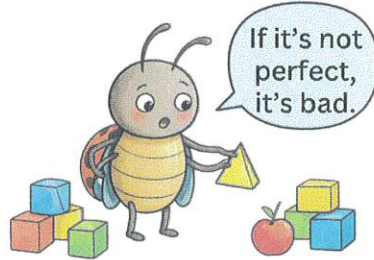
Thought Bugs are tricky thoughts that can fool our brains.

## Big Problem Bug



Makes small problems feel huge.

## All-or-Nothing Bug



See things as only good or bad.

## Future Guess Bug



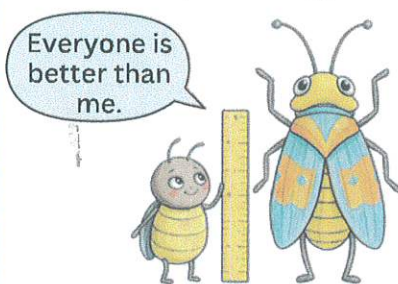
Thinks it knows what will happen.

## Mind-Reader Bug



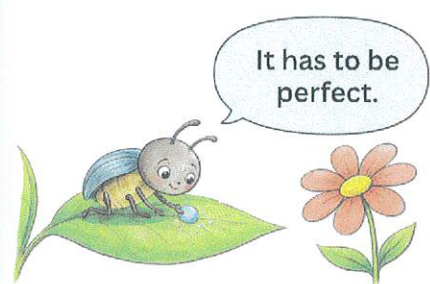
Thinks it knows what others think.

## Compare Bug



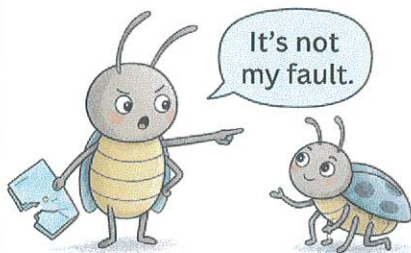
Always compares itself to others.

## Perfect Bug



Thinks mistakes are not allowed.

## Blame Bug



Blames others when something goes wrong.

## Worry Bug



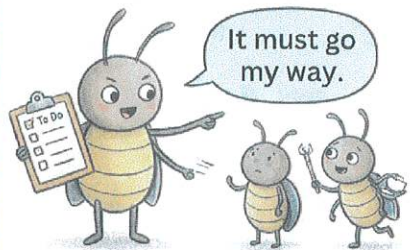
Always expects problems.

## Mean Voice Bug



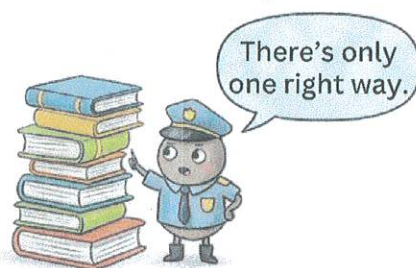
Says hurtful things to itself.

## Control Bug



Gets upset when things don't go as planned.

## Rule Bug



Thinks everything has strict rules.

## Feeling Bug



Thinks feelings are always facts.

Everyone gets thought bugs — even grown-ups. When you spot one, you're already halfway to feeling better.