

52 Pre-written CBT Thought Bubbles

Hands-on visuals for increasing awareness of problem thoughts



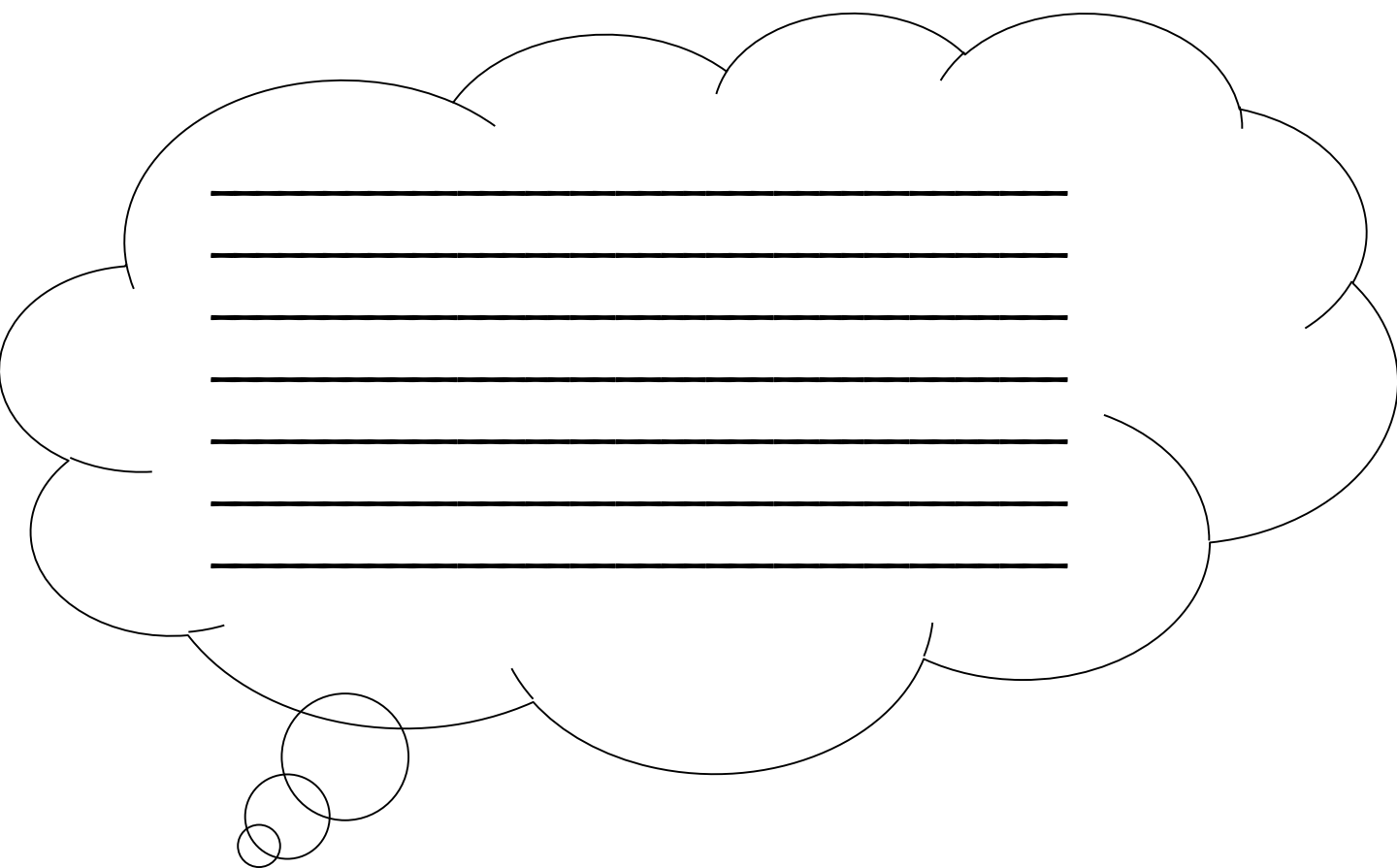
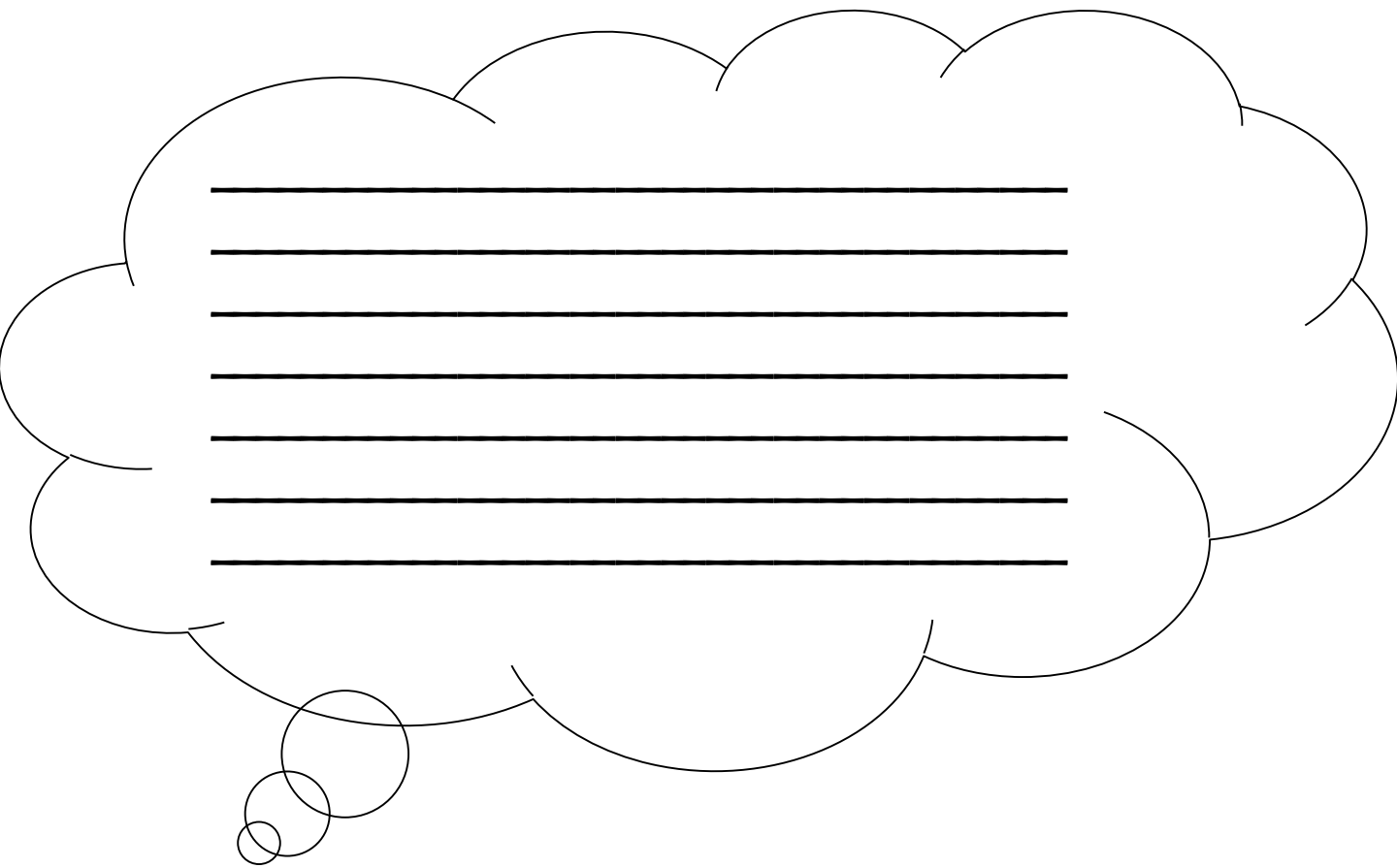
There are many, many ways to use these thought bubbles.

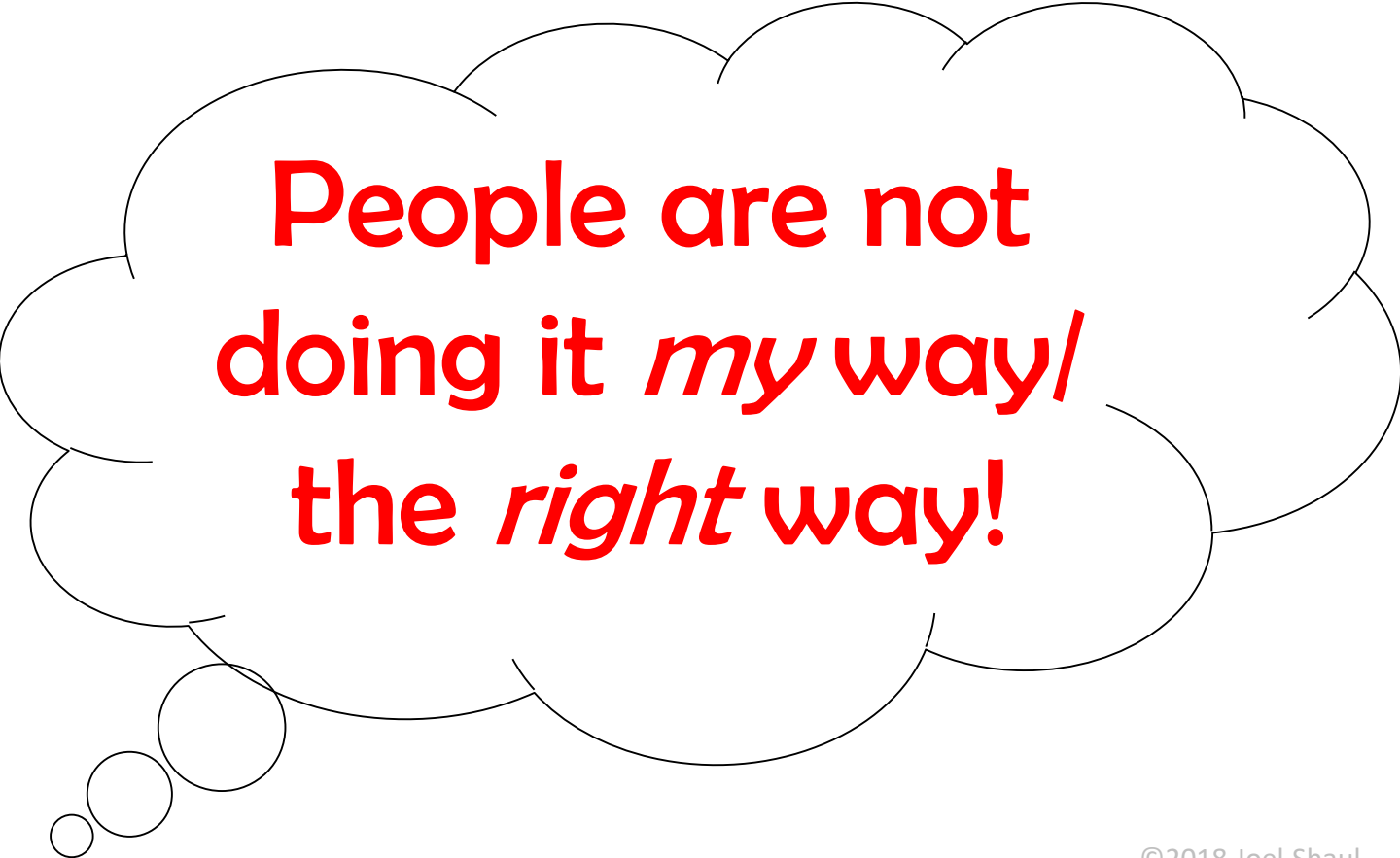
To make them: Print out the entire file. Use cardstock or laminated paper. Color is important, as the red ones are the automatic negative thoughts and the green ones are the antidote thoughts.

Ways to use them:

1. Spread them on a table or the floor and create a sorting and matching task.
2. Ask the child to pick out which thoughts give them problems and which ones they need.
3. Shape the agenda for a session by displaying particular thought bubbles that represent key issues you are working on.
4. Use the blank thought bubbles to custom create extra ones you need.

For a video explanation, visit: <https://bit.ly/2slrX4p>





**People are not
doing it *my way!*
the *right way!***

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**People are
breaking rules!**

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**This person is
completely bad
forever!**

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**This bad thing is
completely bad
forever!**

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**I can't deal with
this change!**

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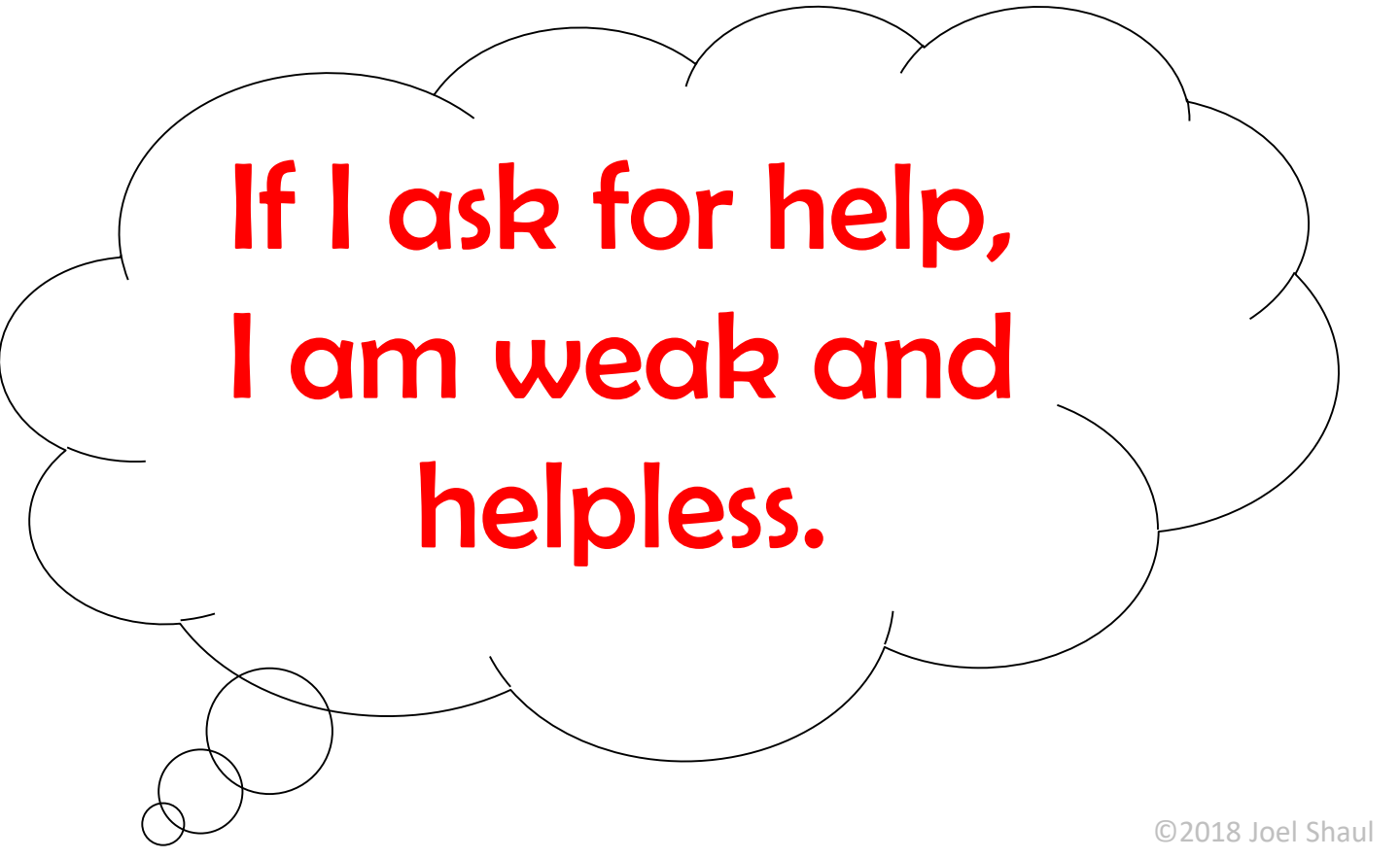
**I don't want to
stop what I am
doing!**

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**It's too hard and
I won't be able
to do it!**

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**If I ask for help,
I am weak and
helpless.**

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**I need to win
and get my way!**

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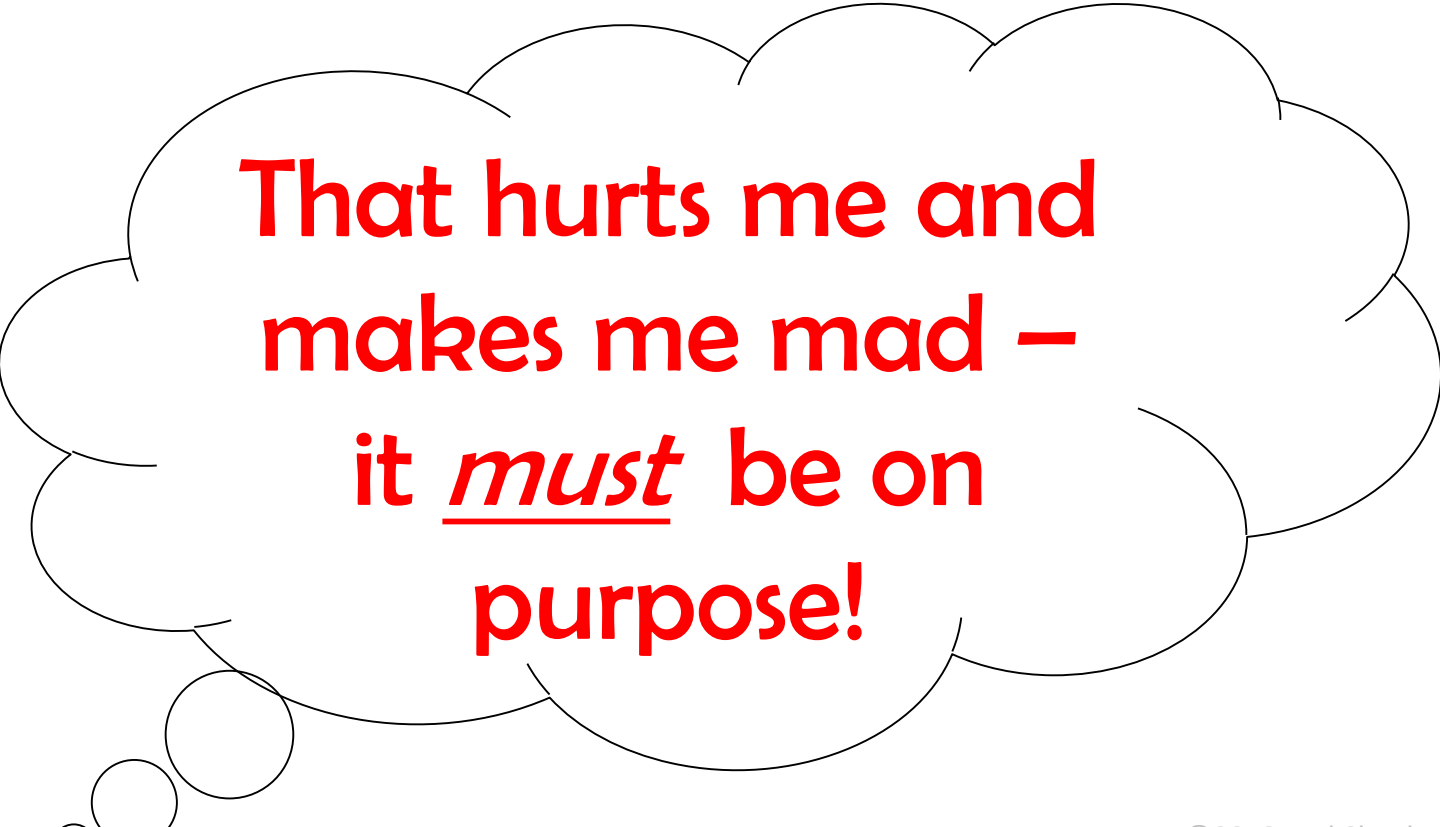
I need to be first!

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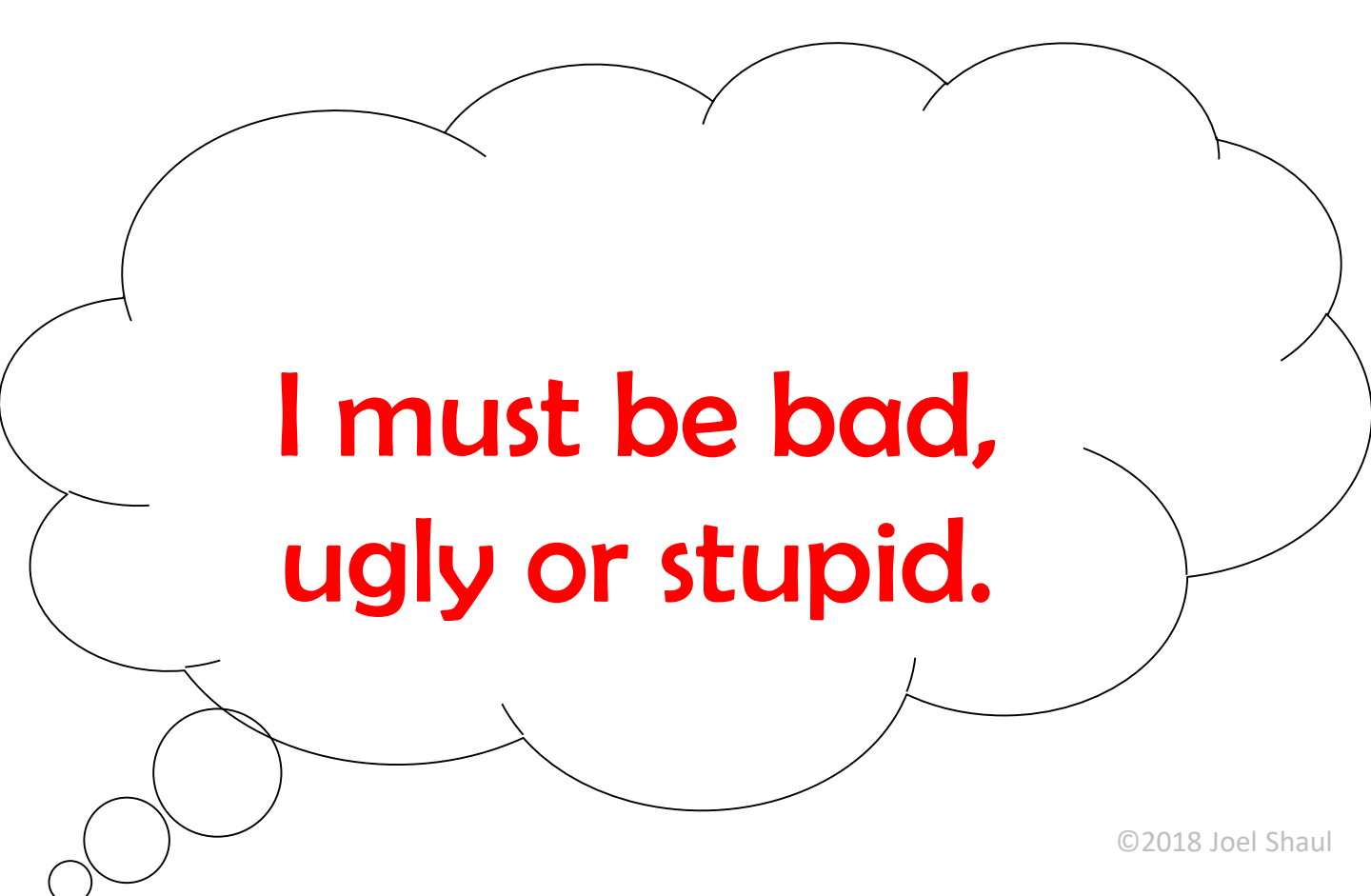
**People just talk,
and don't listen to
what I have to
say!**

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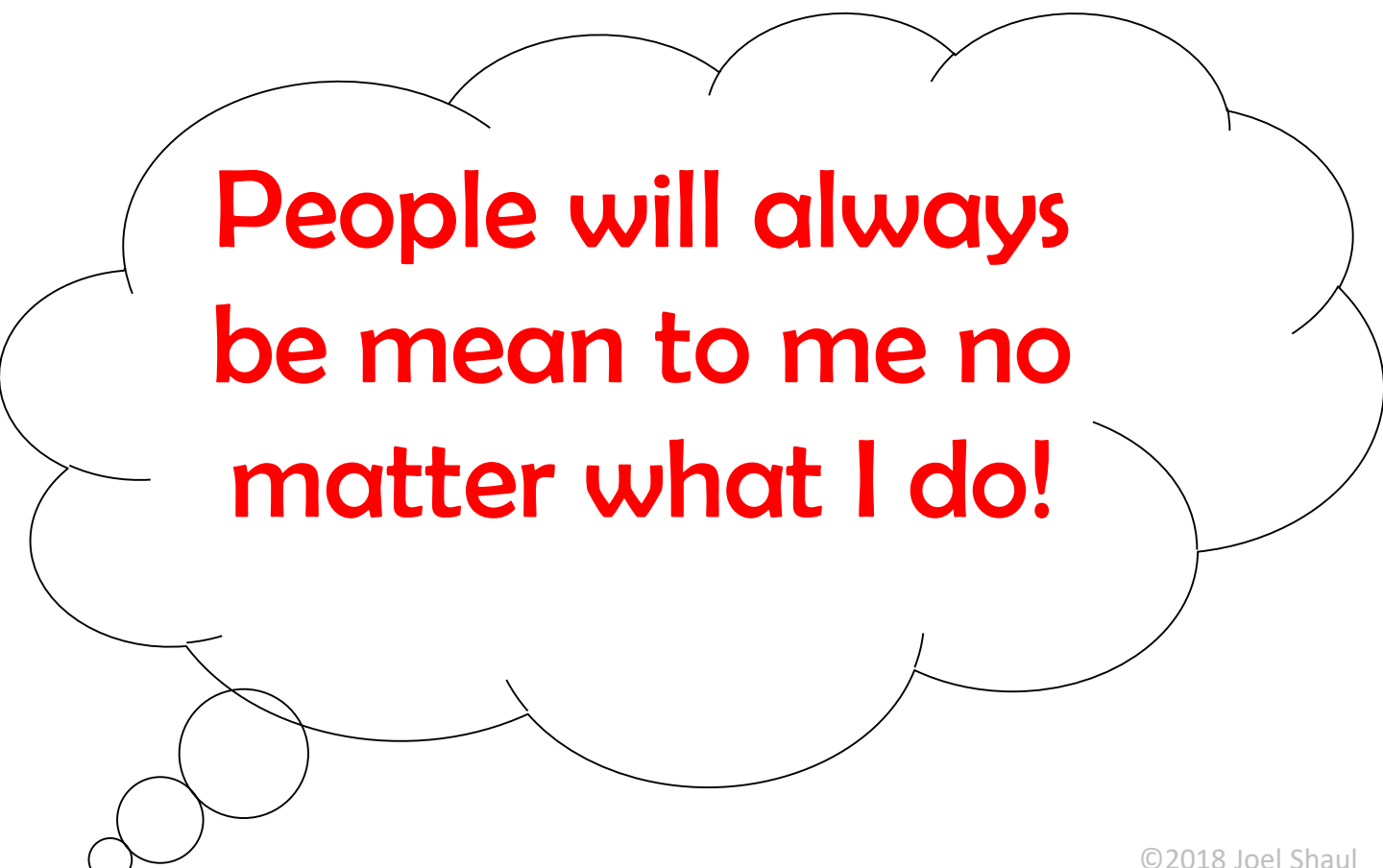
**That hurts me and
makes me mad –
it must be on
purpose!**

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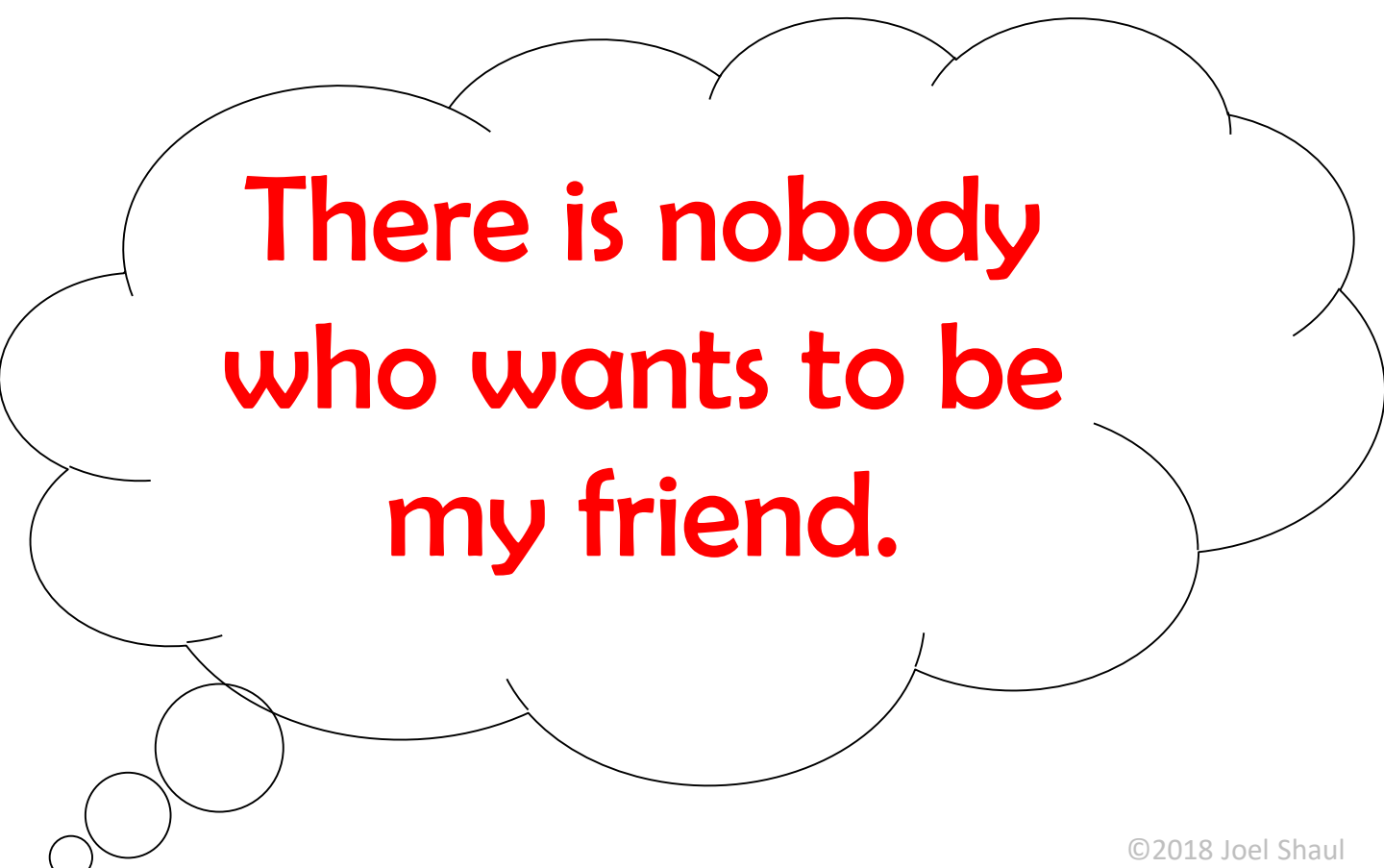
**I must be bad,
ugly or stupid.**

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**People will always
be mean to me no
matter what I do!**

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**There is nobody
who wants to be
my friend.**

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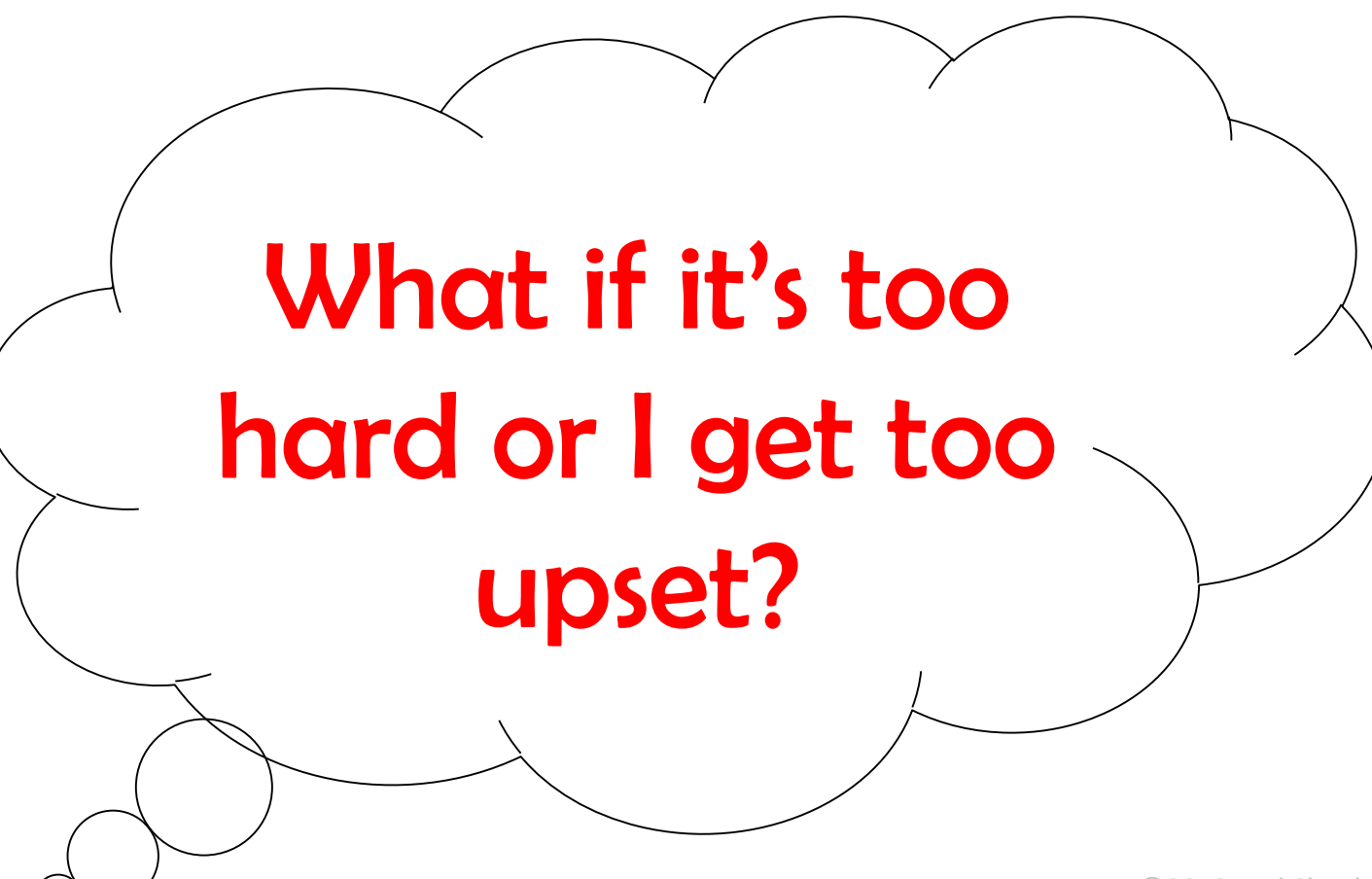
**I don't fit in and
I never will.**

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**I have to get back
at people for
being mean!**

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**What if it's too
hard or I get too
upset?**

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What if I fail?

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**People are
making me lose
my temper!**

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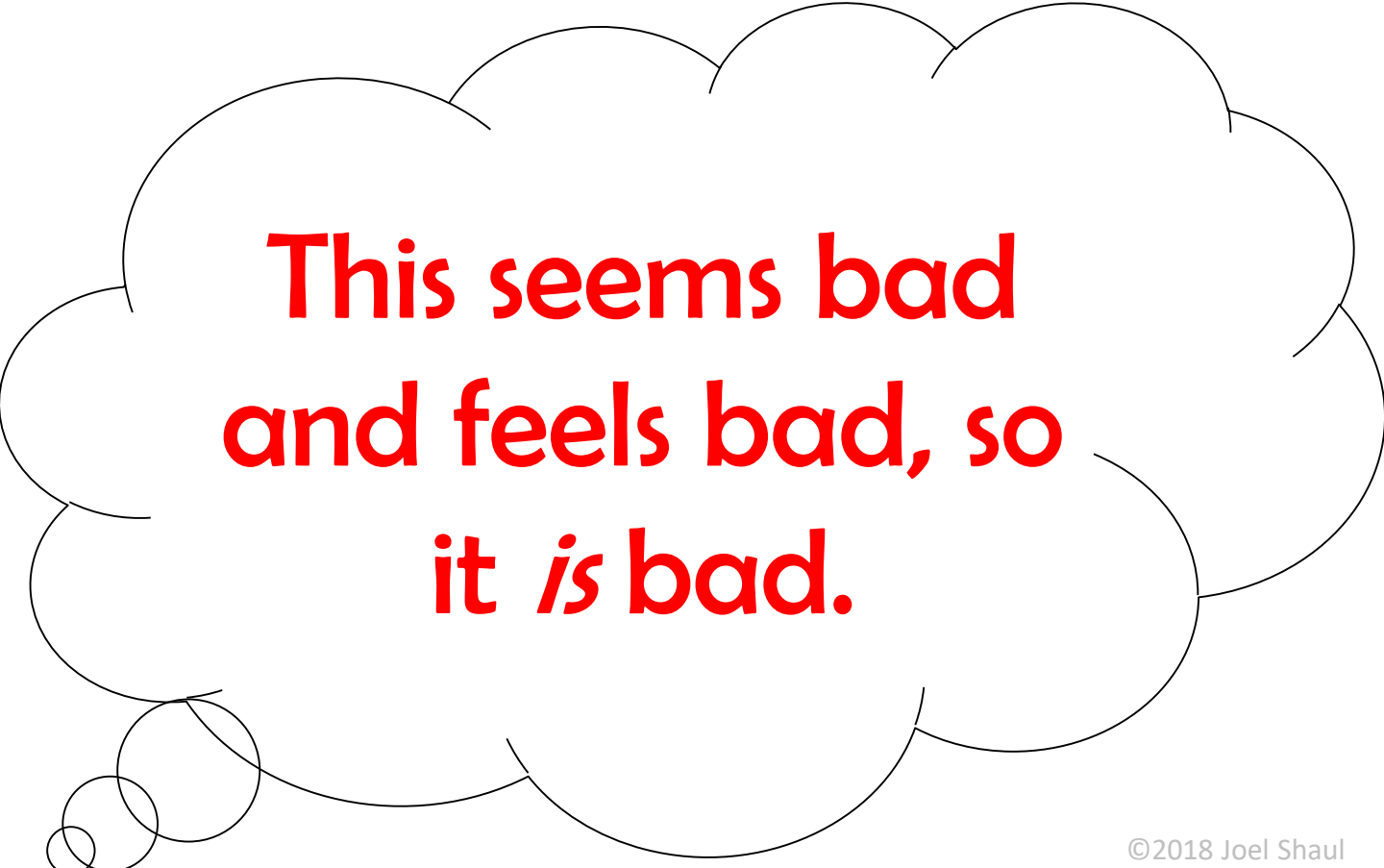
**Being alone is
always better
and less bother.**

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**I am different
and that is bad.**

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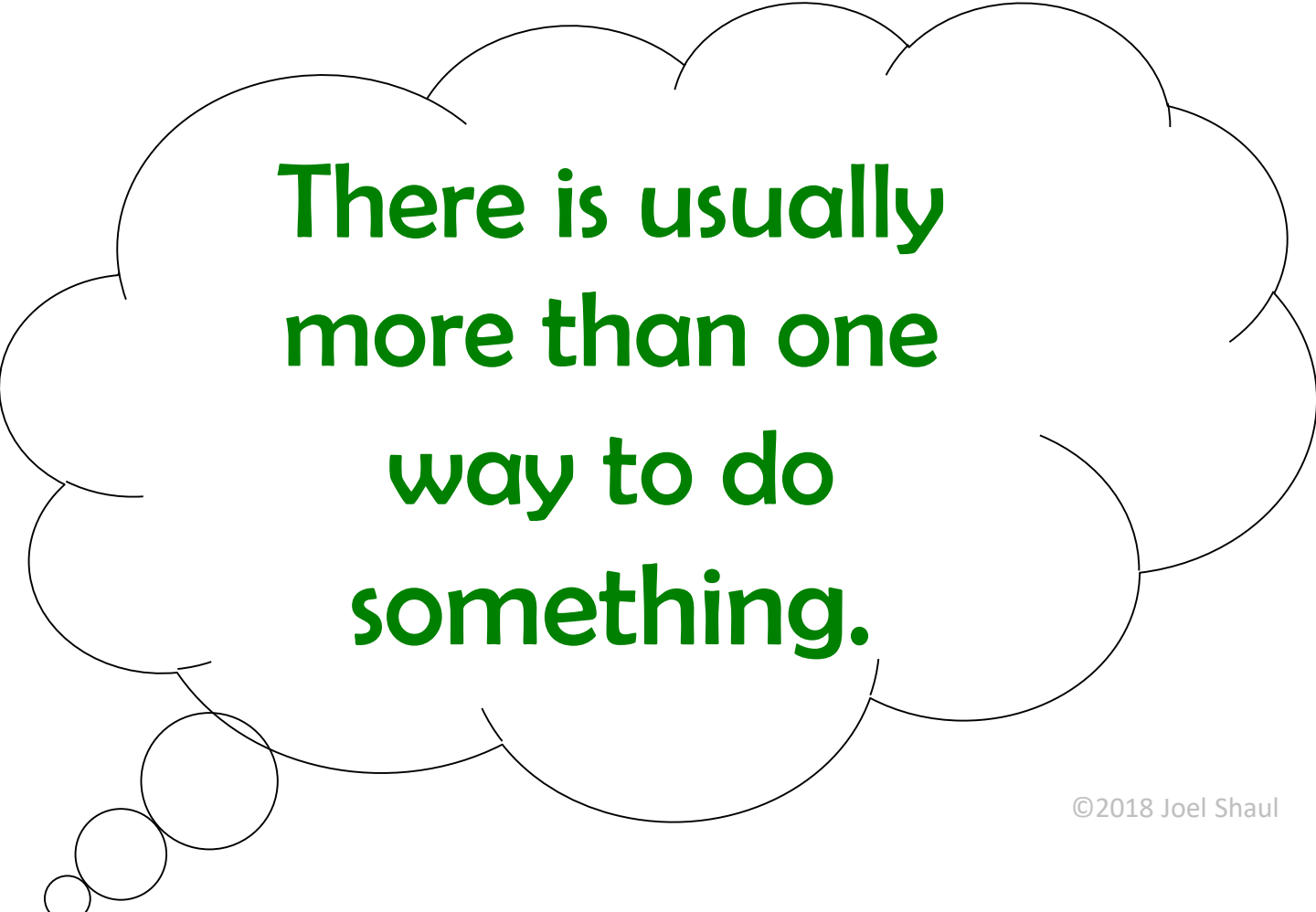
**This seems bad
and feels bad, so
it *is* bad.**

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**If I make
mistakes, I am a
loser and a failure.**

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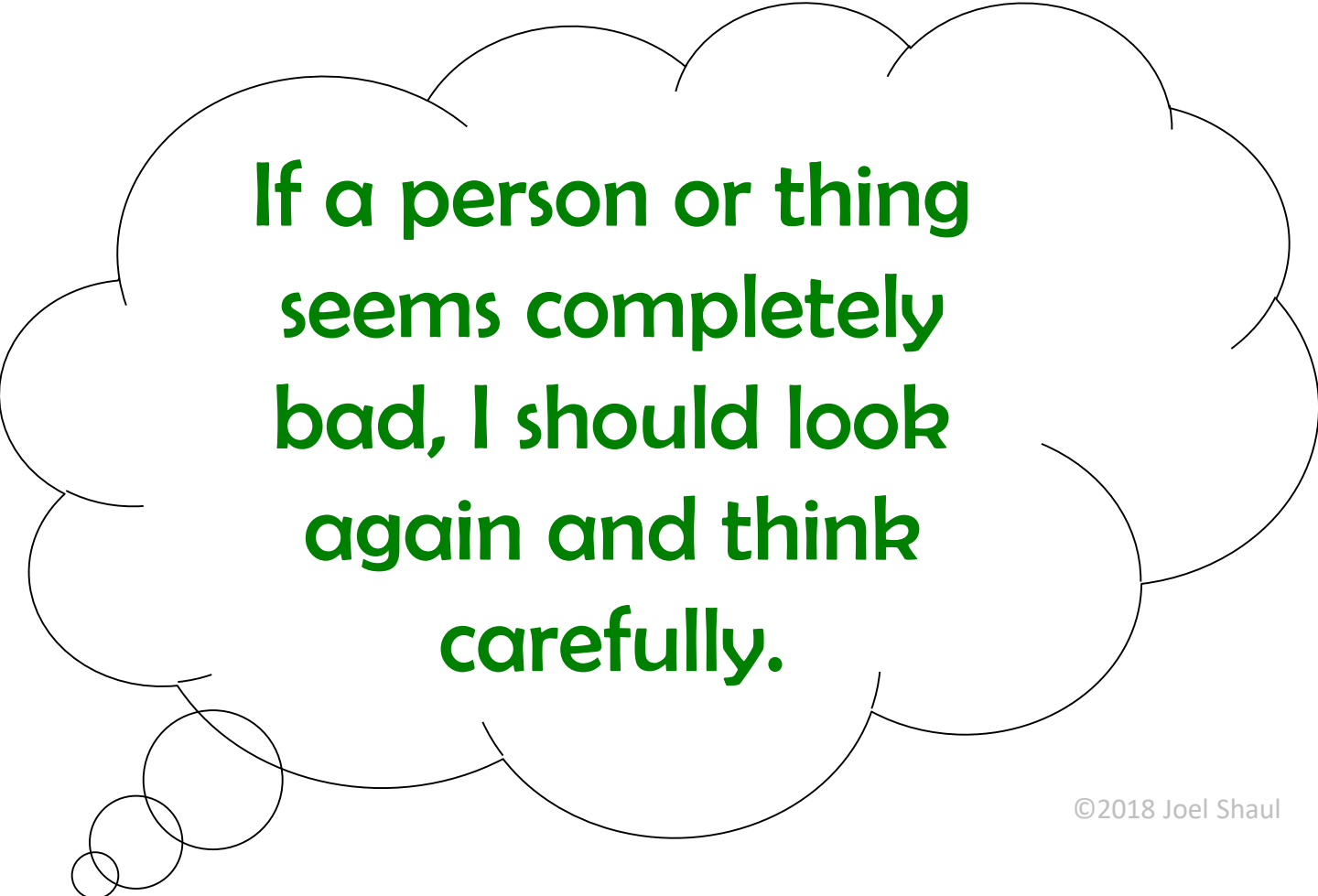
**There is usually
more than one
way to do
something.**

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**It's not usually
my job to
enforce rules.**

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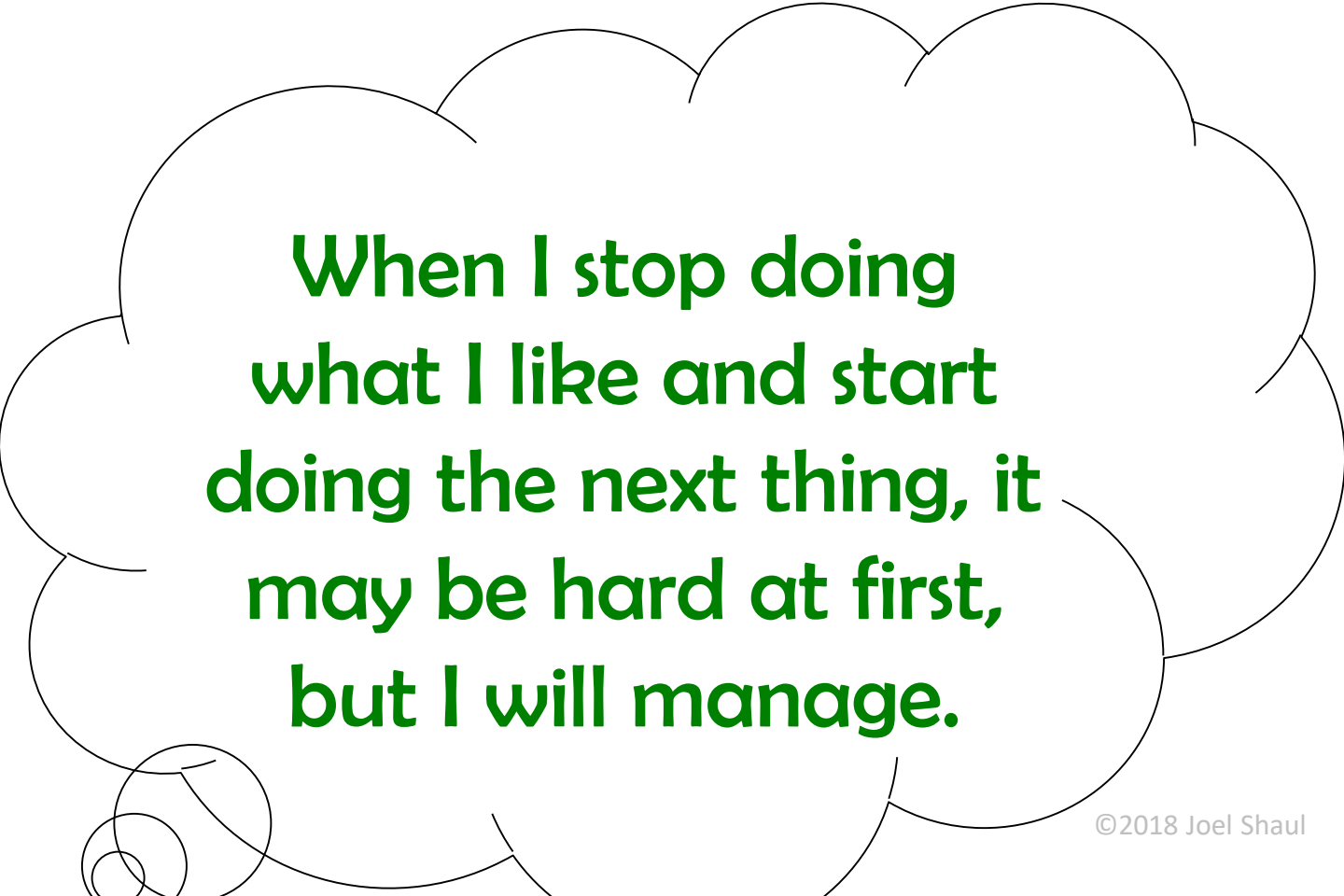
**If a person or thing
seems completely
bad, I should look
again and think
carefully.**

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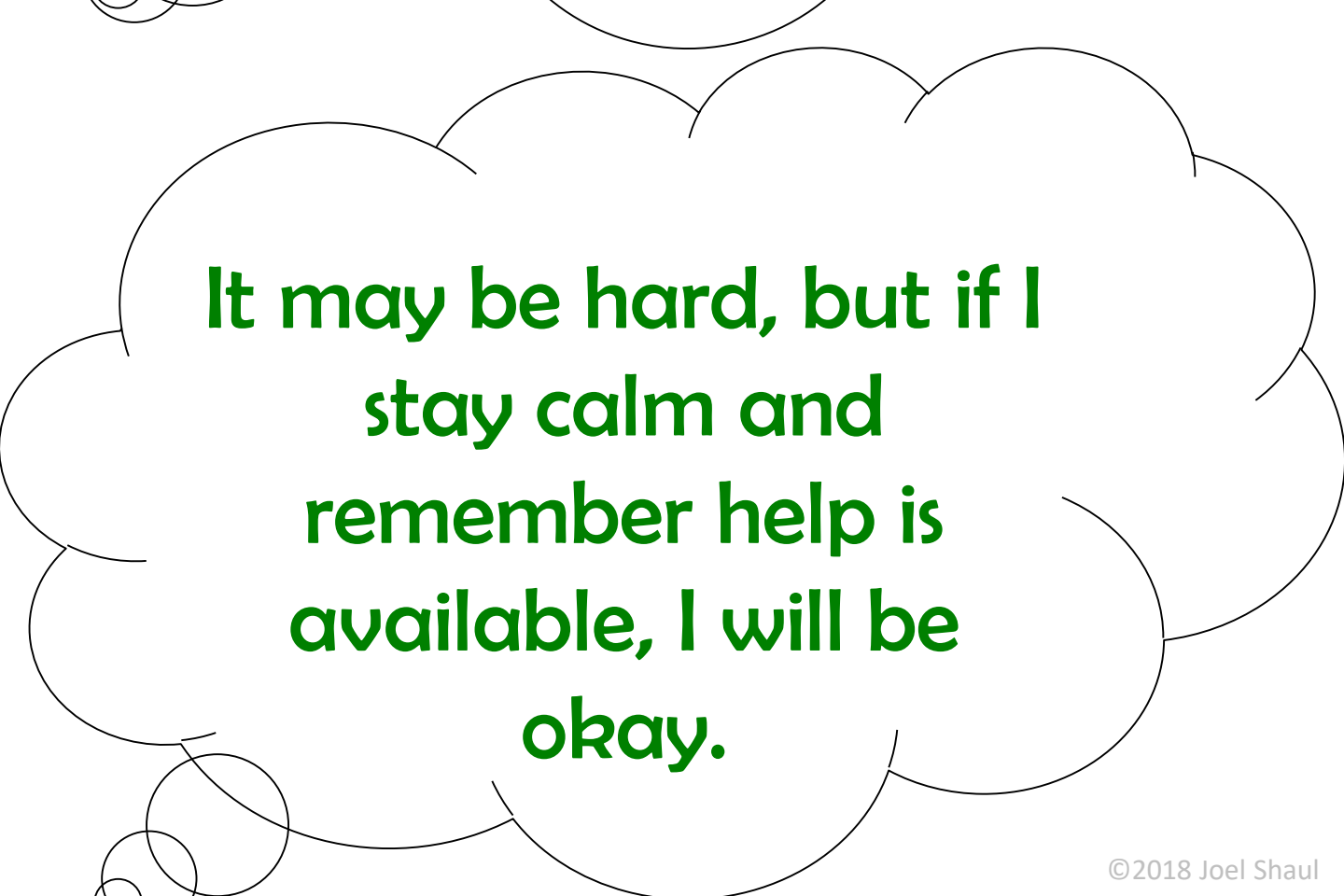
**Change is hard but
I have gotten
through change
before.**

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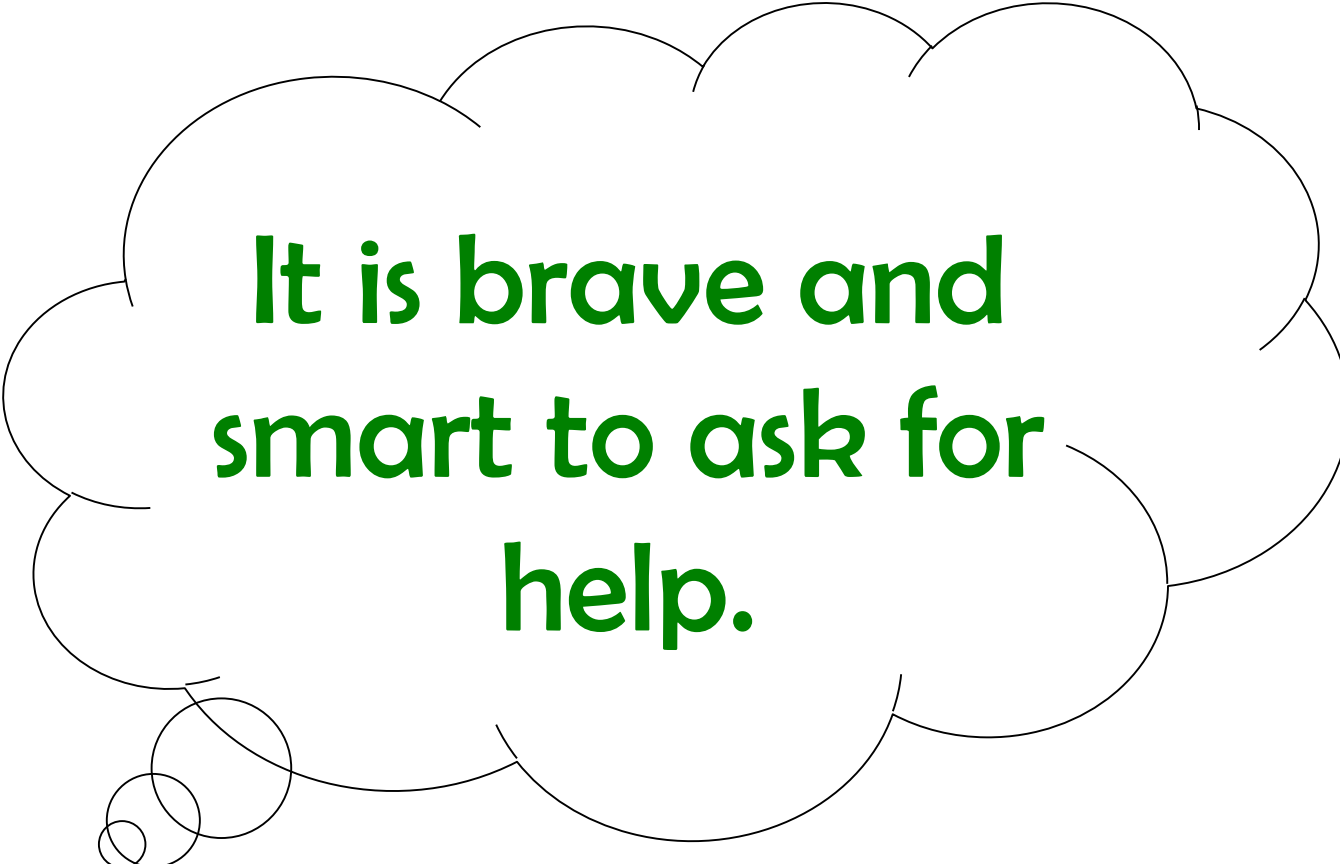
**When I stop doing
what I like and start
doing the next thing, it
may be hard at first,
but I will manage.**

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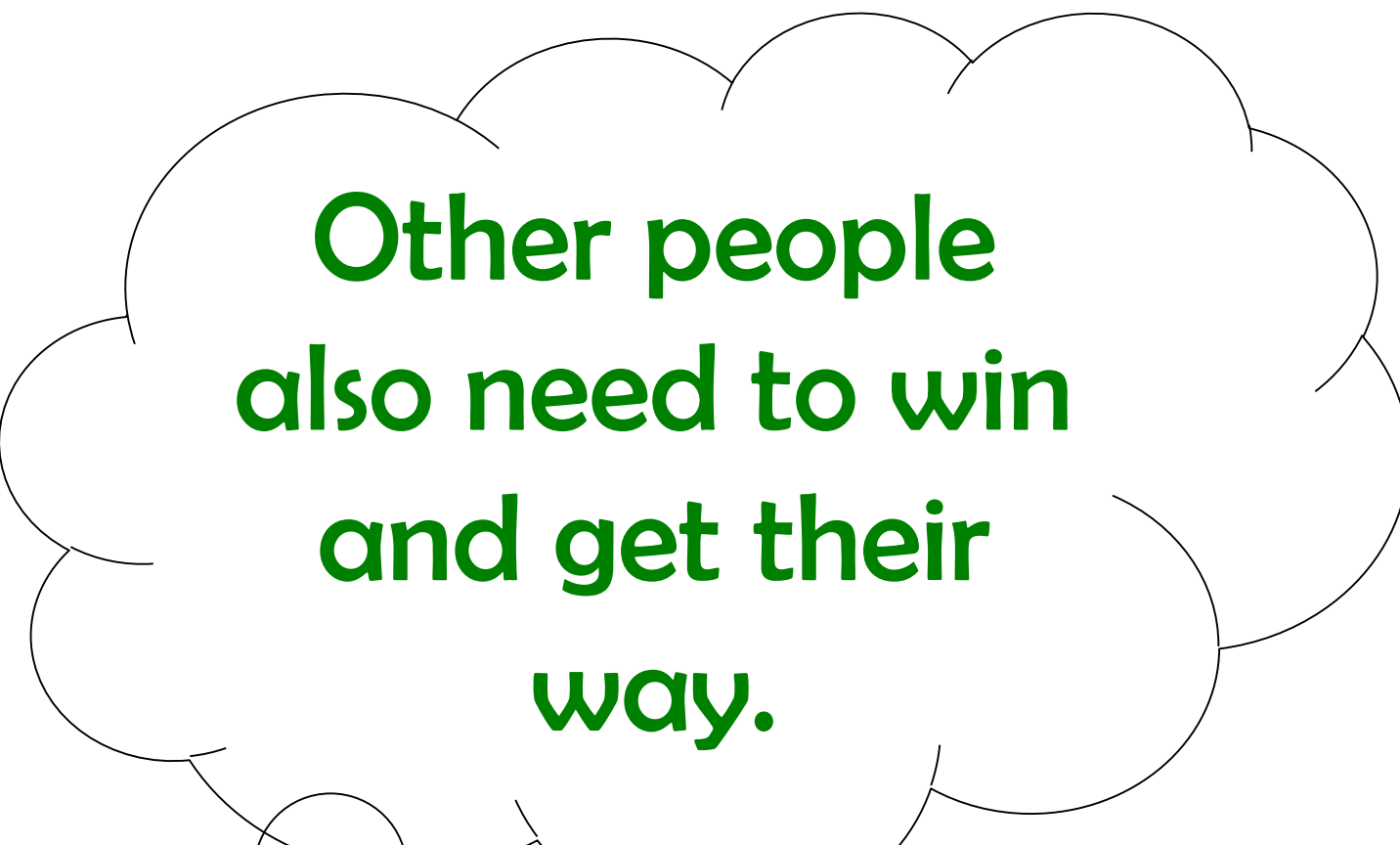
**It may be hard, but if I
stay calm and
remember help is
available, I will be
okay.**

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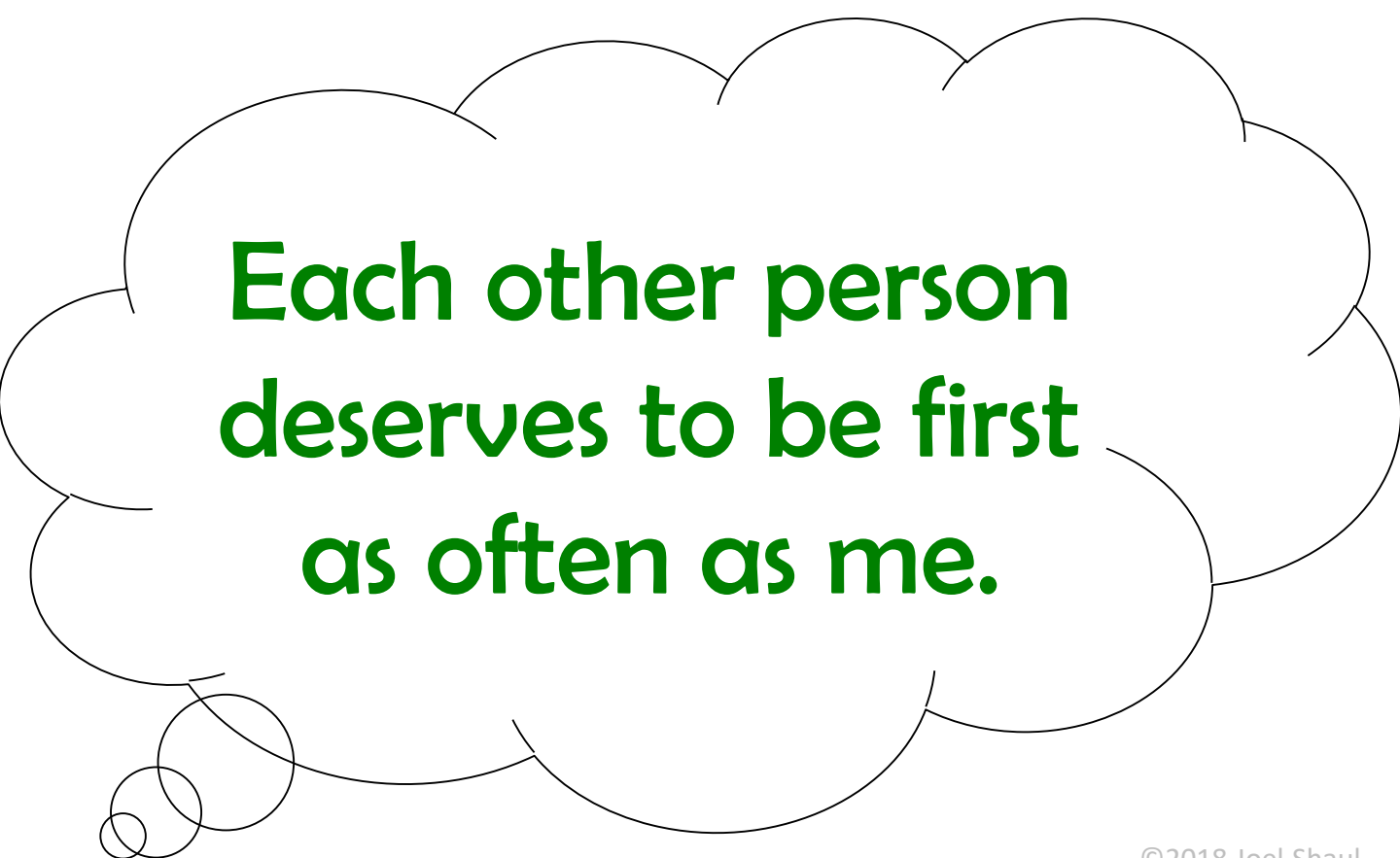
**It is brave and
smart to ask for
help.**

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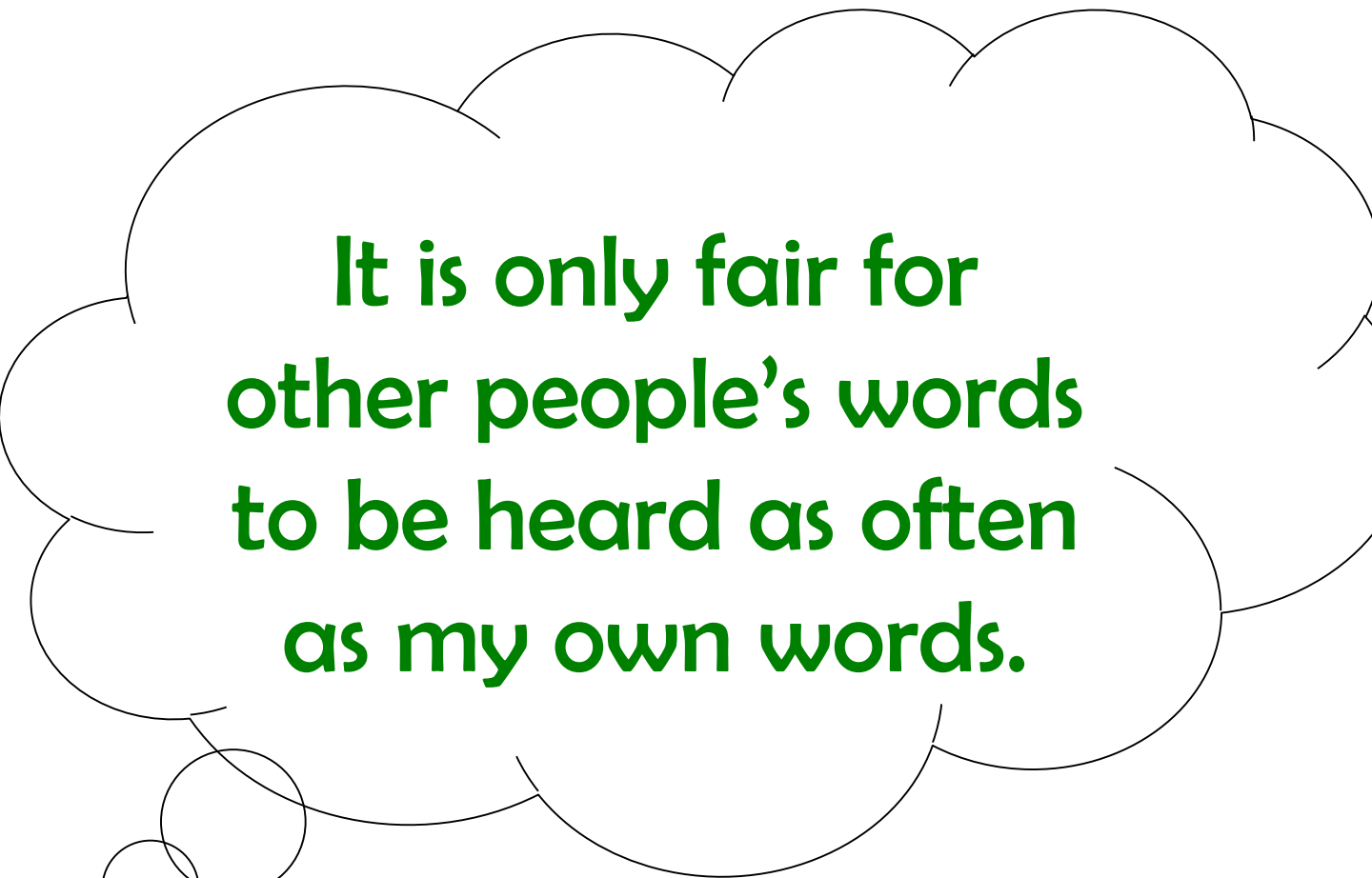
**Other people
also need to win
and get their
way.**

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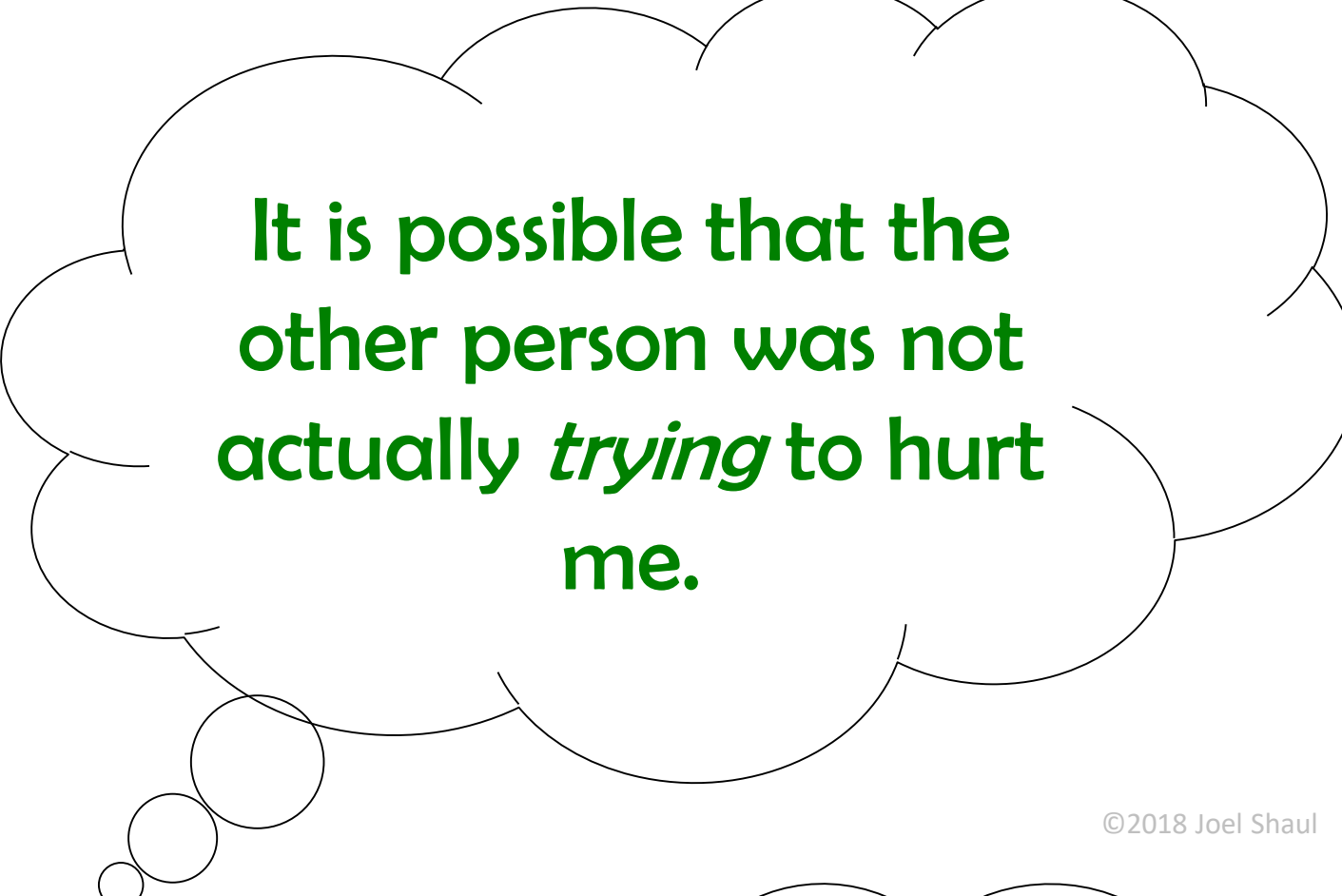
**Each other person
deserves to be first
as often as me.**

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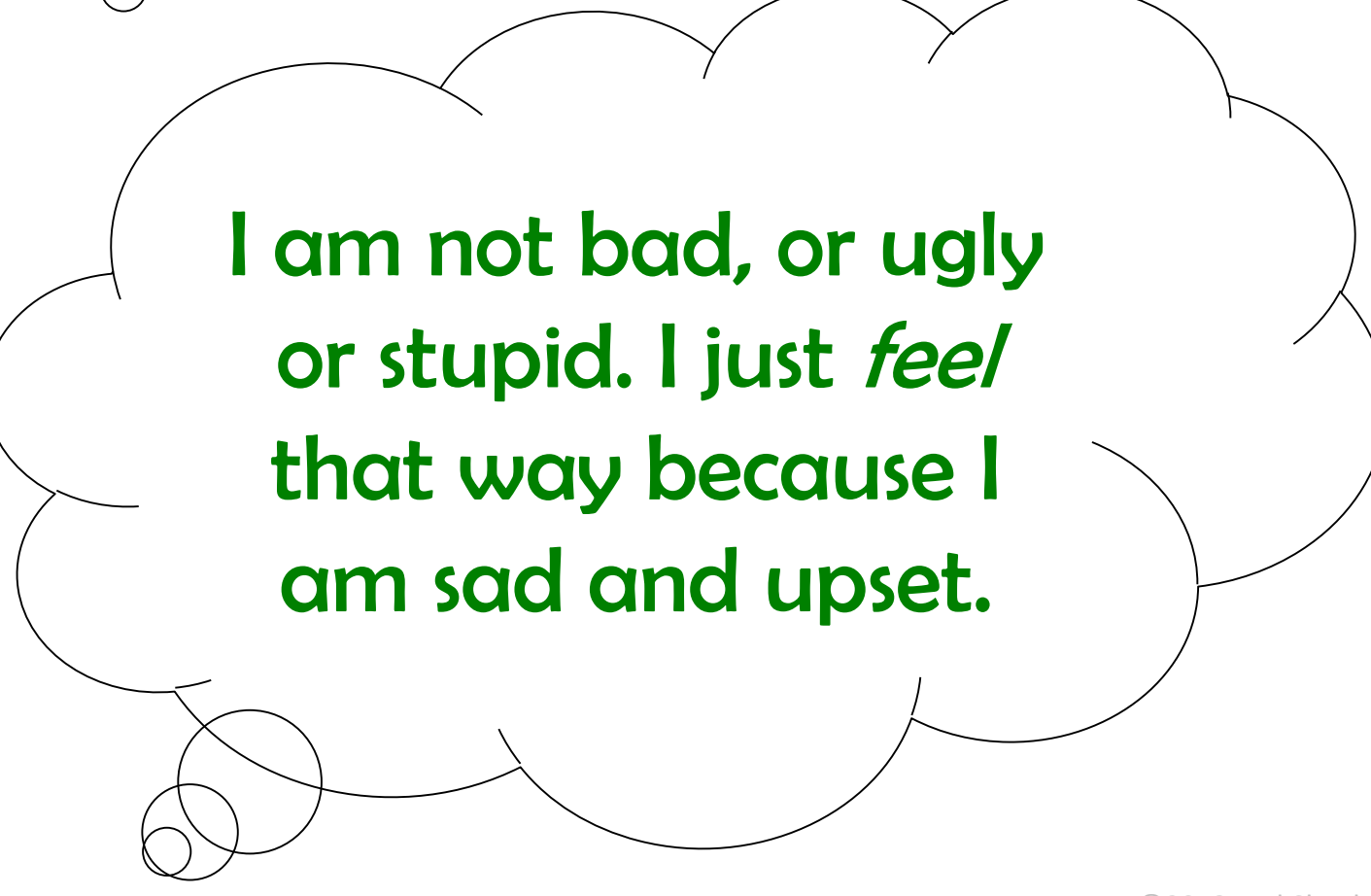
**It is only fair for
other people's words
to be heard as often
as my own words.**

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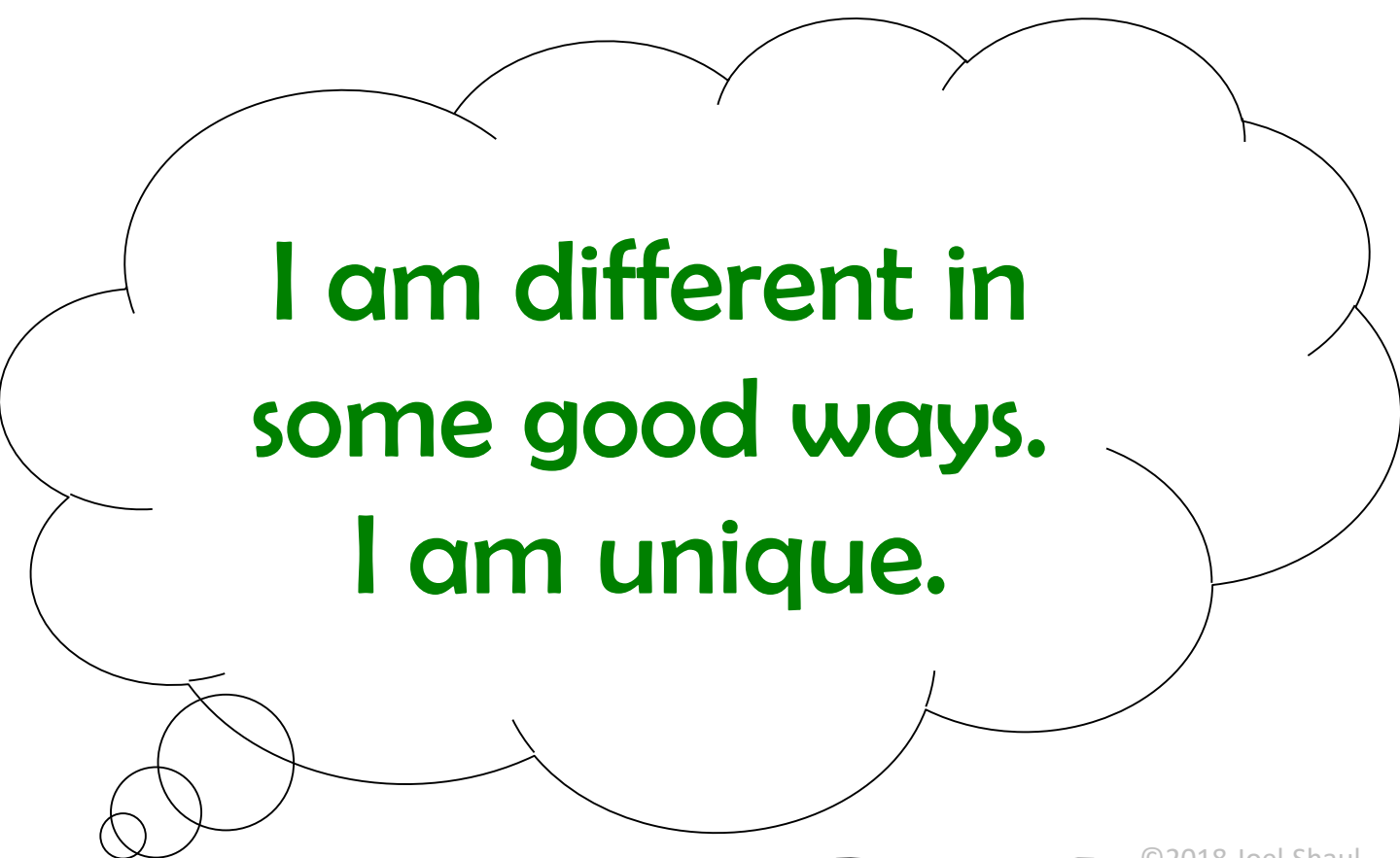
It is possible that the other person was not actually *trying* to hurt me.

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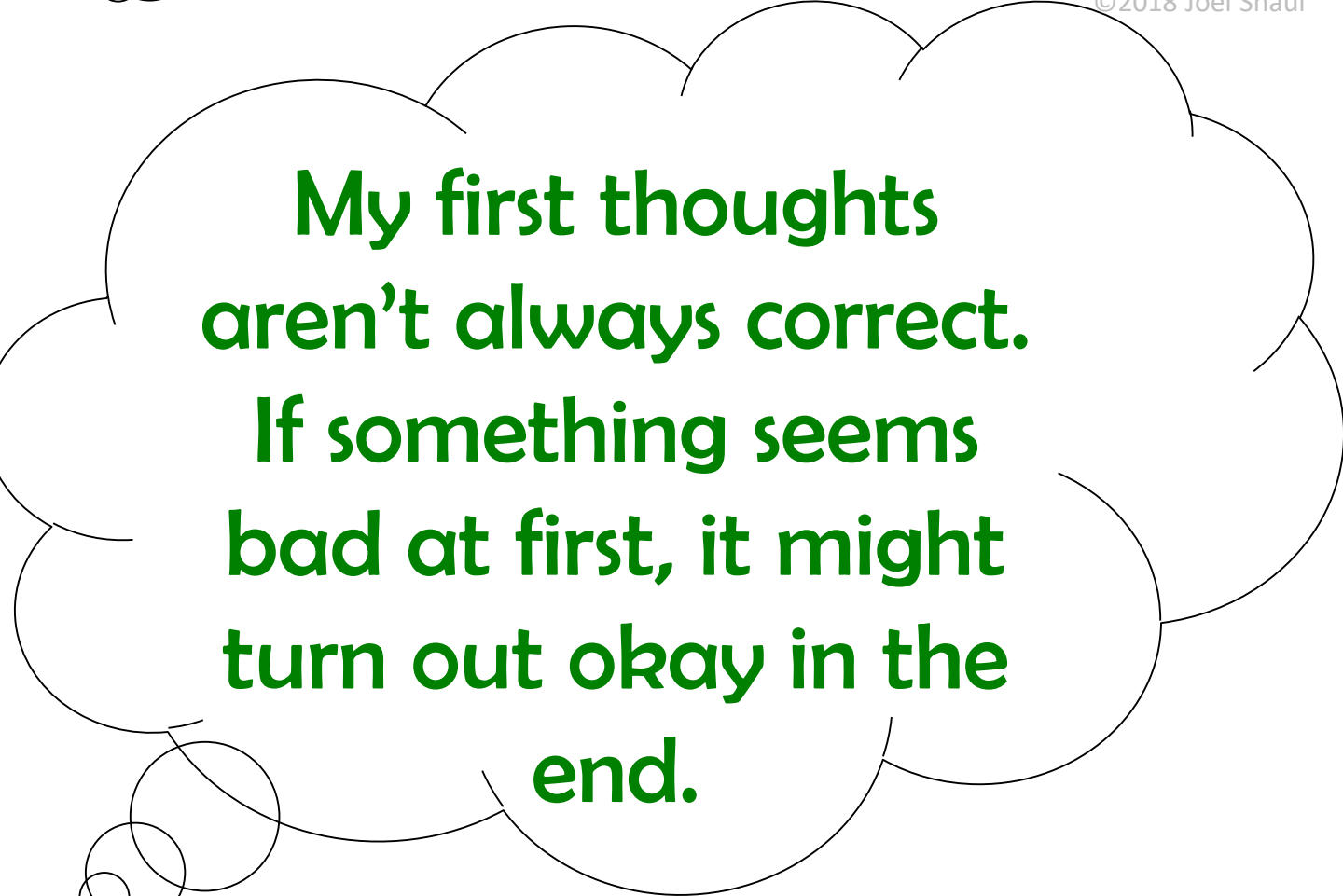
I am not bad, or ugly or stupid. I just *feel* that way because I am sad and upset.

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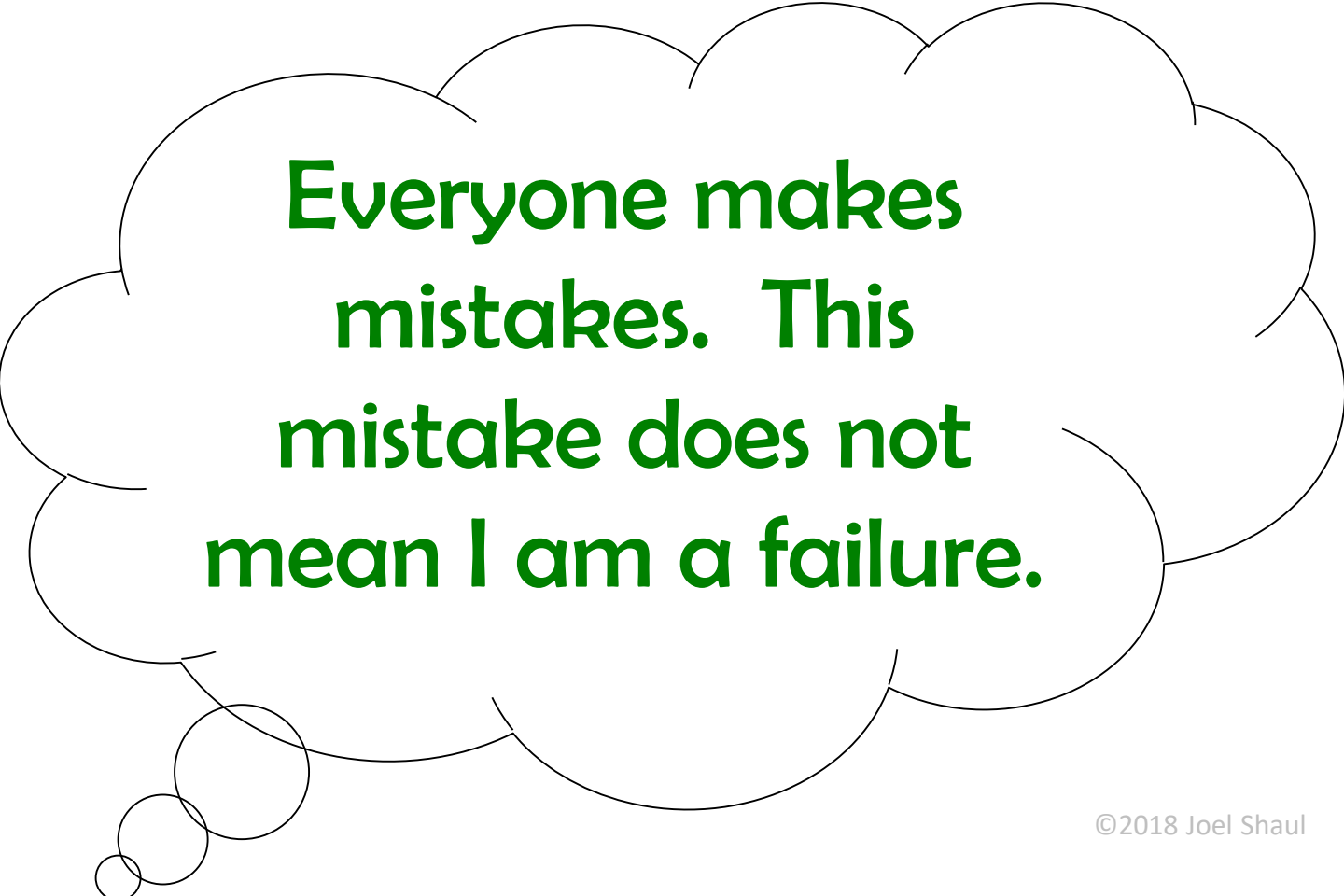
**I am different in
some good ways.
I am unique.**

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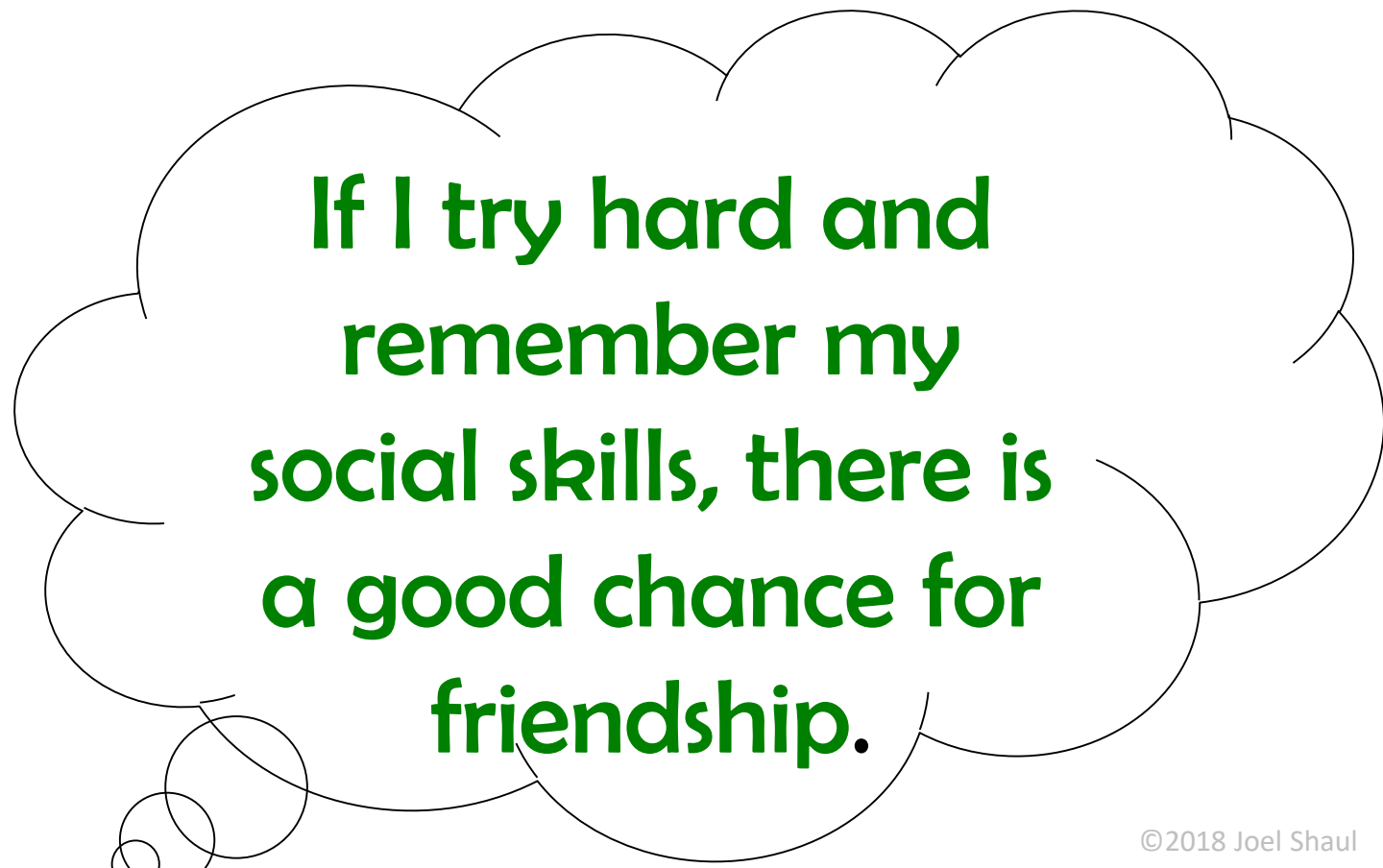
**My first thoughts
aren't always correct.
If something seems
bad at first, it might
turn out okay in the
end.**

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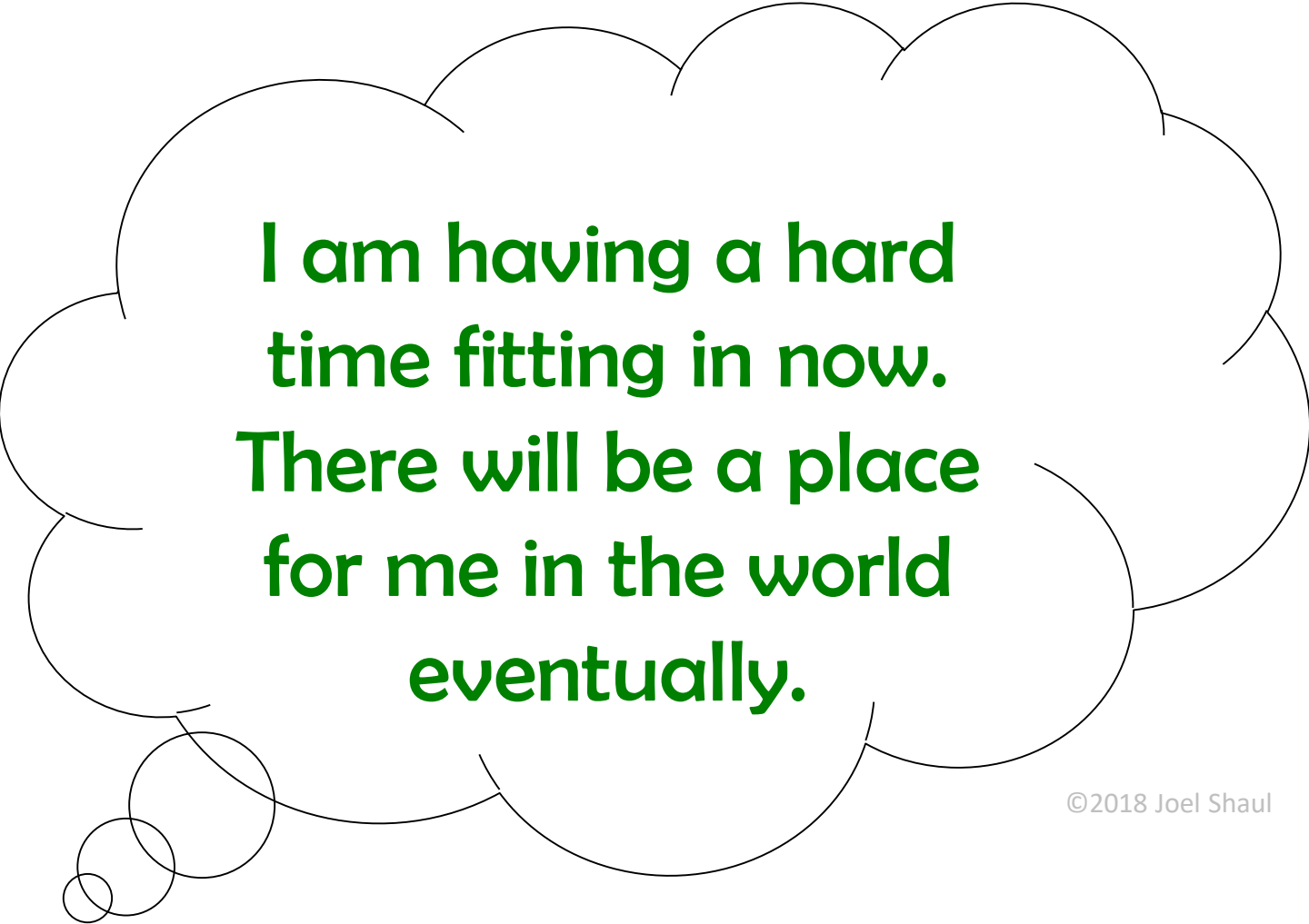
Everyone makes mistakes. This mistake does not mean I am a failure.

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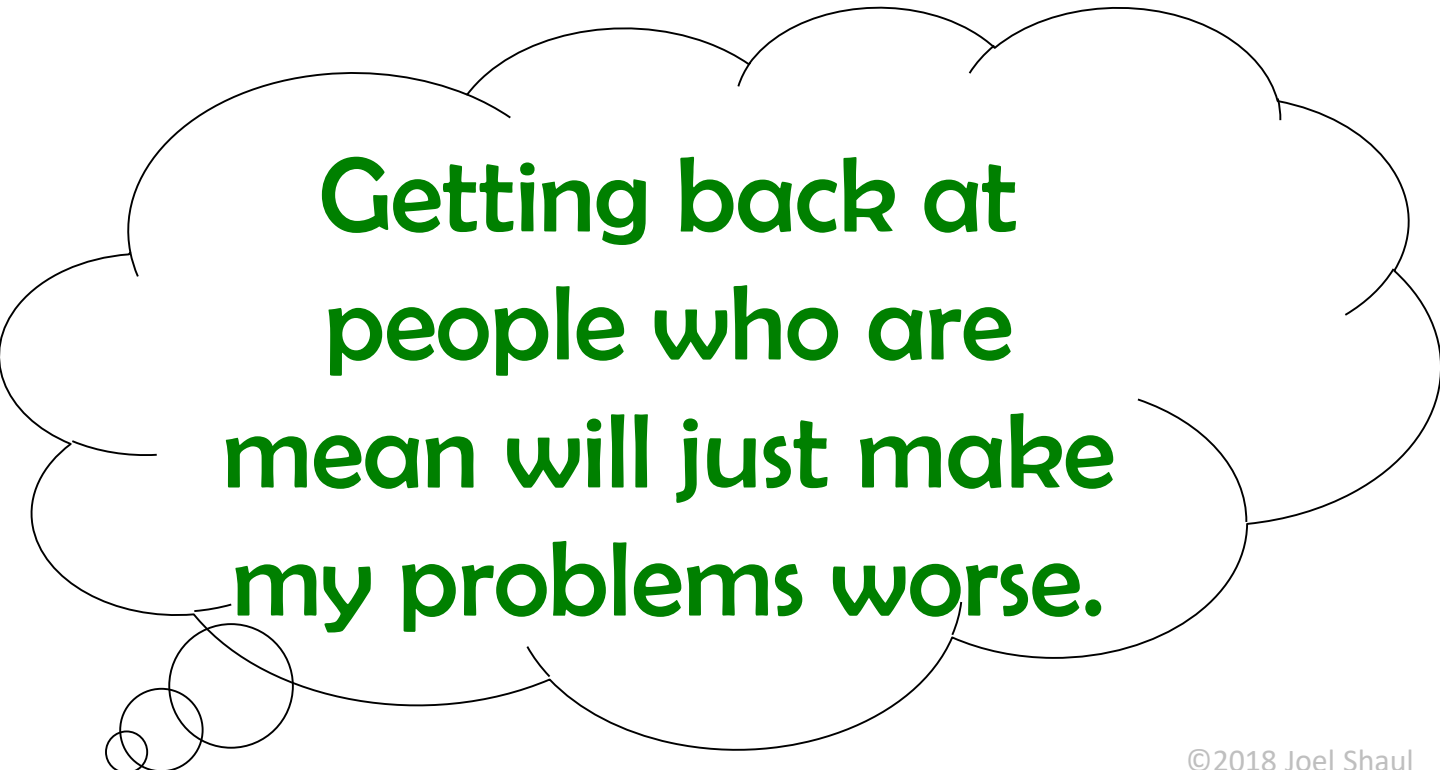
If I try hard and remember my social skills, there is a good chance for friendship.

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**I am having a hard
time fitting in now.
There will be a place
for me in the world
eventually.**

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**Getting back at
people who are
mean will just make
my problems worse.**

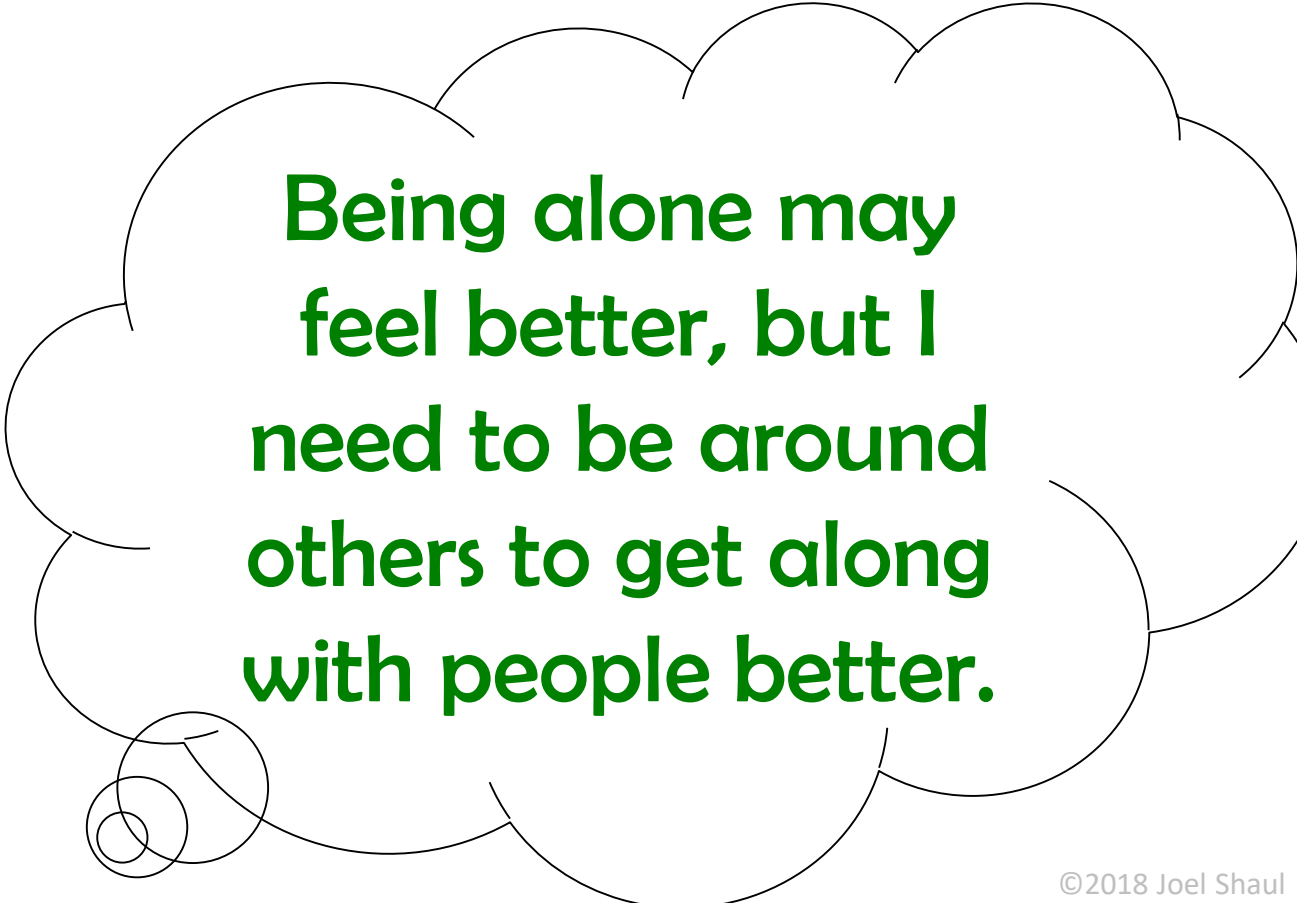
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**I have done hard
things before that
seemed impossible.
I can get help if I
need it.**

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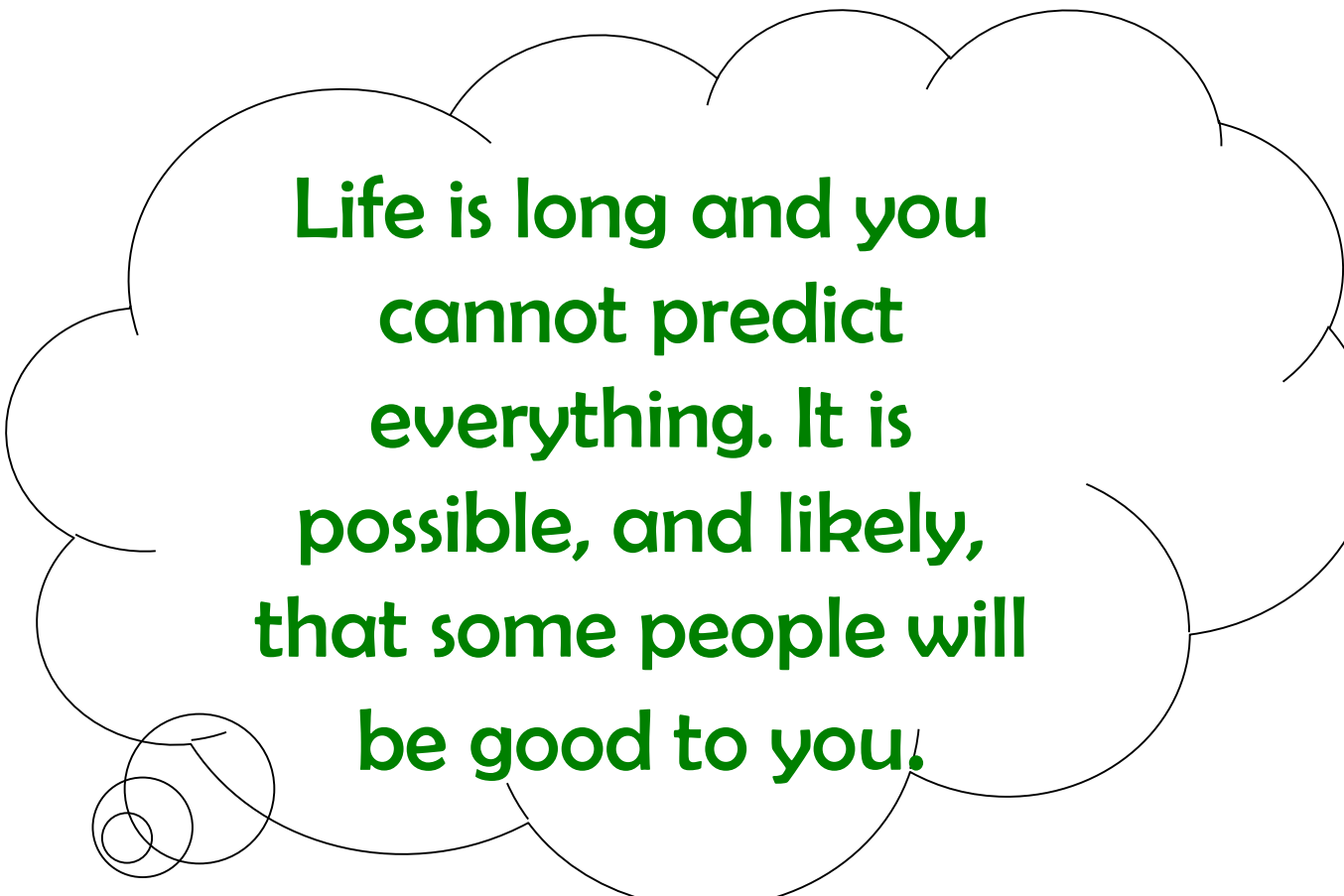
**No one can MAKE
me lose my
temper. I can do
what I need to
calm down.**

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**Being alone may
feel better, but I
need to be around
others to get along
with people better.**

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**Life is long and you
cannot predict
everything. It is
possible, and likely,
that some people will
be good to you.**

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