Hi guys we've been learning about worry thoughts in BTN.

There are 4 types of worry thoughts, now make sure you read my text and you will find out everything you need to know about worries.

PS: in the video there’s a worry machine.

**MIND READING THOUGHTS**

It’s where your worry machine says, “I know what someone else is thinking.” Here’s an example: my friends think I’m ugly. Here’s another example: my friends don’t like me.
My worry machine knows what happens. Here’s an example: I’m going to fail my exam; here’s another, no one is ever going really like me. It’s predicting the future or talking about the future.
Catastrophizing thoughts

Where your worry machine says this things happened and it’s end of the world, horrible bad stuff. Here's some examples: if I fail this exam I will die, if I don't get invited to the party it's bad, if I get 3/10 IN in spelling it's the end of the world.

lemur from Madagascar meditating in the dirt!
Exaggerating thinking

It’s simply where you exaggerate. Or you get sad.

by Brodie P

So I hope you enjoyed my text and learnt lots

BYE