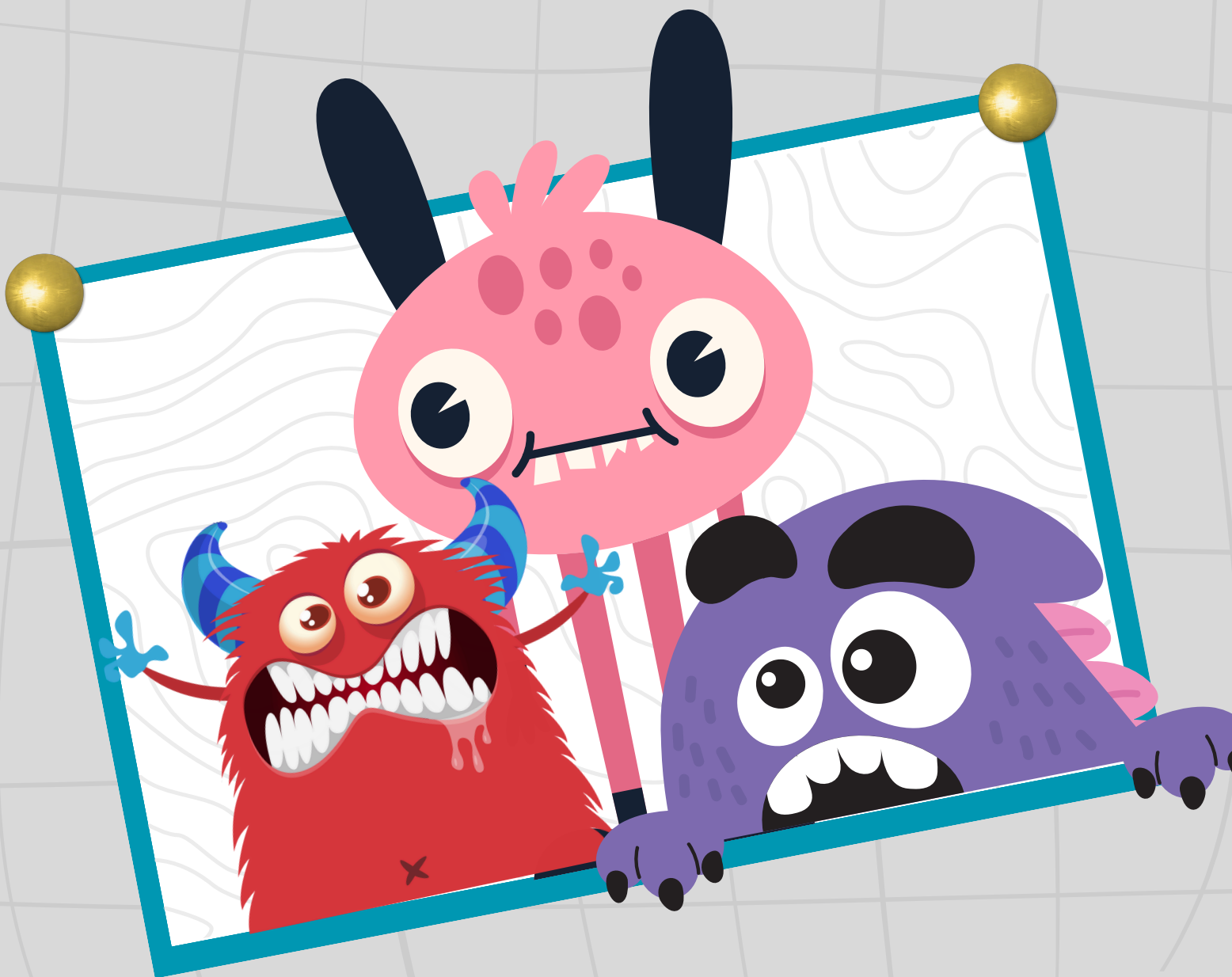# THOUGHT MONSTER CARDS

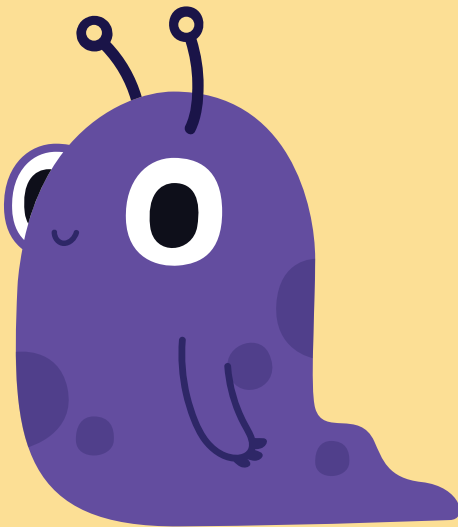# THOUGHT MONSTER CARDS

THE BLAMESTERR

Always Blames Everyone Else

NEGATIVE NEWT

Only Seen the Negative in any Situation

MS PERFECT

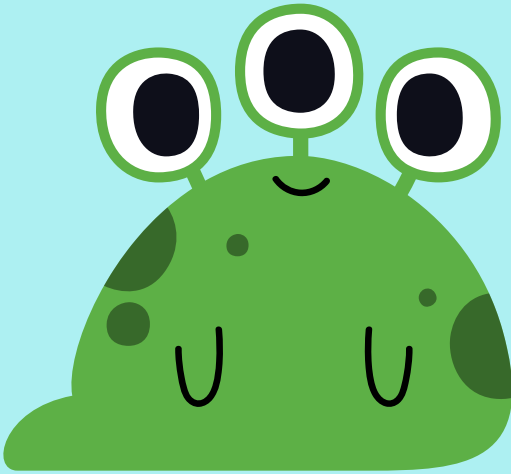**Thinks that Things They must be Perfect**

LABEL GOBLIN

Give Big Labels like Bad and Dumbs on Small Things

THOUGHT MONSTER CARDS

MS MIND READER

Says They can Read others Mind

THE PSYCHICS

Things that They know What will Happen in the Future

MS BLACK & WHITE

Refuse to see the Middle Ground

EVERYBODY DOOZIT

Uses Others as an Excuse for Themselves

THOUGHT MONSTER CARDS

DYNOMITEE

Make Small Things into Big Problems

MR NOCANDO

Says They Can't do it When They haven't Tried Everything

SCAREDY BAT

Thinks only Bad Things are Going to Happen

MUSTODON

Believes Things Must be a Specific Way

THINKING TRAP

Thinking traps are cognitive patterns that can lead individuals to make errors in judgment or decision-making. These traps, often operating subconsciously, arise from various biases and heuristics ingrained in human thinking processes. One such trap is confirmation bias, where people tend to seek out information that aligns with their existing beliefs while disregarding contradictory evidence. Another common trap is the availability heuristic, where individuals overestimate the importance of information that readily comes to mind. Anchoring bias involves relying too heavily on initial information when making decisions, while overconfidence bias leads people to overestimate their abilities or the accuracy of their judgments. These traps, among others like loss aversion, hindsight bias, and selective perception, can distort reasoning and lead individuals to make irrational choices. Recognizing these thinking traps is crucial for fostering more rational decision-making and mitigating the impact of cognitive biases on our choices and actions.