What am I thinking?

We're going to talk about the kinds of thoughts that people have in different situations. For example, this cat may be thinking, "I love it when my owner gives me BIG hugs!" These thoughts are "talking to myself," or self-talk.



What's in a thought bubble???

The next picture is the Lincoln Memorial, a statue to memorialize one of the great presidents of the United States. His thought bubble is empty. We call the balloon over his head a "thought bubble" it's where the cartoon character's thoughts go. What might he be thinking?





Could President Lincoln be thinking about a more comfortable chair? Or maybe he's thinking about getting some potato chips and watching television.

Resource: Coping Cat.

Harborview CBT+ 07

Now, let's go onto some other situations. For each cartoon, take a look at the situation, then figure out what each person might be thinking. Fill in the thought bubbles — you can do it!

