



Ted's Thinking Errors



Can you find Ted the Turtle's Thinking Errors?

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• Fortune Telling • All or Nothing • Labelling • Blaming Yourself •
Unrealistic Expectations • Magnified Thinking • Mind Reading •
Putting yourself down • Focusing on the bad •

Y B O H Z I D D E Y H J R Z W S N T U I I R B F
U B Y O X D C Y H Z R K V U E D X P N Y A X H A
R I P K X A N U C R A L J V D D F U R T Z E F A
R J P U X B L W S D P U E K O K I T E X X G D S
K I G Y N Q O R E C N U N M U V S T A M K N A N
F C D E V N Y G Y X E J P Q X F M I L K X F B I
K C D C P F N A Q R A A U G L U F N I I Q W E P
A J V Z Z P D P R W N R N E M S G G S F M K H K
R H A X I A V T V O A I S N F N Y Y T O V Q T M
B H X V R N R B Q G H R I G I T E O I R E Q N W
P G A Y P R O P N T U G C K T M F U C T G X O P
X I H J O T Q I O O N B N P M O S R E U V Y G G
D J I X Q Z L N Y T E I W B D D L S X N O N N R
R P M H N L R G E V H J C W O G U E P E I N I Z
P W V W E O N B Q T B R Y W P N X L E T W Z S Z
A P C B L I Y V D I F F I S X I P F C E R Z U T
R O A L M V P E V M N Z V T R D W D T L V D C O
U L A A H P I A N G T B S X M A R O A L K W O C
Z Q L I S F W U Y J T P L H N E X W T I D L F G
G B M F I C P B H Z B X K P Z R B N I N B O E D
P N B N Y D H N L M Q P O V U D R V O G A Y W Q
M D G J V W U Y S M A O J V Y N G Z N V H K D R
P A X D K C D N O O G Z F E C I V X S Z R S W X
M H A E T H Y I Q U T U Q Y E M G K C D C I E C



Words may go forwards, backwards,
up, down or diagonally.