



### **Infested Lester – Labelling**

Labelling is a more severe type of overgeneralization and one that the Infested Lester is an expert at. Infested Lester has a virus that can spread very quickly in the human brain and he knows how to access the natural skills in the brain and use these against you. Don't be mistaken in thinking he is helpful as that is how he zombifies your thinking. The infection he spreads is one of assigning unhelpful negative labels to yourself or others. Be very wary of Infested Lester.

"I'm hopeless"

"I'm stupid and good at nothing."



### **Zombardo – Emotional Reasoning**

Zombardo's weapon of choice is emojis and he will bombard and overwhelms you with emotions. These uncomfortable feelings and emotions become our focus and we begin to believe that because we feel like this that what we are thinking must also be true. When Zombardo is actively trying to zombify you, he will be overwhelming you with massive amounts of uncomfortable feelings.



### **Skull jumper – Jumping to conclusions**

Skull jumper has two weapons he uses to get inside your brain and zombify you. He utilises the skills of projected mindreading. He presents information to you about what others are thinking about you as if it is true. He jumps to conclusions that don't have any evidences and he is a skull crusher. He is very good at making links appear really obvious when in fact they are not true at all. The other skill he has is his arsenal is that of fortune telling. The Skull jumper is a master of appearing to predict the future.



### **Cat Zombie – Catastrophic thinking**

Cat Zombie gives too much weight to the worst possible outcome. However, unlikely Cat Zombie takes things to the worst possible outcome. Cat Zombies are like every catastrophe combine, they are tornados, earthquakes and fire combine, wreaking havoc where ever they go.



### **Acid Dripper – Should/Must/Critical words**

He uses critical words like “Must” and “should” in his speech and these thoughts act like acid and leach into your brain, etching away the neural pathways of helpful thinking and leaving you vulnerable to negative self talk. Once these acid like thoughts are in your mind they begin to quickly multiply as the acid is viral.

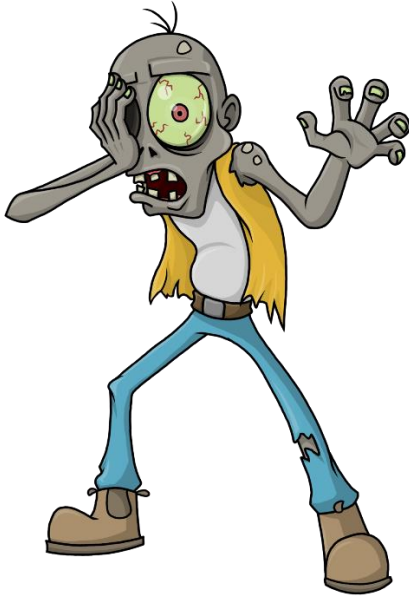


### **Major Maggot face- Over Generalising**

This Zombie is perfect at taking one single event and making you think this is a set pattern that will happen again. He takes something that on the face of it is only small and multiplies it like a germ. Just like maggots in your brain Major Maggot face takes that one little event and multiplies it in your mind. These maggot pupae are very quick to multiply and take over your mind using the disguises of “Everything”, “Always” and “Never”. He is a dangerous zombie to encounter, and highly common.

**“Everything** in my life is **always** bad.”

“Nothing good ever happens



### **Rotting One eye - All or nothing thinking**

Rotting one eye is an interesting Zombie. At first he doesn't appear as dangerous as the other Zombies but don't be fooled by the fact he only has one eye. His rotting eye is actually where the real danger is. This zombie can infiltrate your mind and zombify your brain by making you incapable of seeing the middle ground. Rotting One Eye is very skilled at a thinking style sometimes called black and white thinking. He will attack the part of your mind that allows you to see the middle ground or to look for alternative and more helpful ways of looking at the situation. Given this zombie's love for all or nothing, the colours of choice are of course black and white. These zombies are extremists.







### **Dark Slaughter - Disqualifying the positives**





You would not want to encounter this Zombie in the dark. Dark Slaughter is not very talkative and tends to ignore information rather than spending much time chatting. This zombie discounts and ignores the good things that have happened and he brings with him the examples of failure. He notices the positives that are presented, discounts them as rubbish and very quickly annihilates their presents. It is a blood bath for positive helpful thoughts when Dark Slaughter Zombie is present. These zombies appear dark and of course huge, they are NEGA-Zombies.



## Zombie Crew

### (Unhelpful Thinking Styles)

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	<p><b>Zombardo – Emotional Reasoning</b></p> <p>Zombardo's weapon of choice is emojis and he will bombard and overwhelms you with emotions. These uncomfortable feelings and emotions become our focus and we begin to believe that because we feel like this that what we are thinking must also be true. When Zombardo is actively trying to zombie you, he will be overwhelming you with massive amounts of uncomfortable feelings.</p>
	<p><b>Skull jumper – Jumping to conclusions</b></p> <p>Skull jumper has two weapons he uses to get inside your brain and zombie you. He utilises the skills of projected mindreading. He presents information to you about what others are thinking about you as if it is true. He jumps to conclusions that don't have any evidences and he is a skull crusher. He is very good at making links appear really obvious when in fact they are not true at all. The other skill he has is his arsenal is that of fortune telling. The Skull jumper is a master of appearing to predict the future.</p>
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	<p><b>Acid Dropper – Should/Must/Critical words</b></p> <p>He uses critical words like “Must” and “should” in his speech and these thoughts act like acid and leach into your brain, etching away the neural pathways of helpful thinking and leaving you vulnerable to negative self talk. Once these acid like thoughts are in your mind they begin to quickly multiple as the acid is viral.</p>
	<p><b>Major Maggot face- Over Generalising</b></p> <p>This Zombie is perfect at taking one single event and making you think this is a set pattern that will happen again. He takes something that on the face of it is only small and multiplies it like a germ. Just like maggots in your brain Major Maggot face takes that one little event and multiplies it in your mind. These maggot pupae are very quick to multiply and take over your mind using the disguises of “Everything”, “Always” and “Never”. He is a dangerous zombie to encounter, and highly common.</p> <p><b>“Everything in my life is <i>always</i> bad.”</b>  <b>“Nothing good ever happens</b></p>
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