

Which one am I?

Use this handout to keep track of your answers by placing an x on the incorrect and a check on the correct responses.

Iffy thoughts

Witty thoughts

Thinking that your problem is worse than it really is.

Thinking that your achievements are no big deal.

Constantly repeating a negative thought.

Thinking is based on negative feelings.

With little information, you use words like: all, always and never to form your opinion.

Believing that someone is thinking negatively about you

Explaining away your positive experiences.

Thinking the outcome will be negative.

Thinking with extreme words.

Using demanding words on yourself and/or others.

Attaching a negative label to yourself and/or others based on an experience.

Passing the blame onto someone else.

Taking all of the blame.

Ask yourself, "What am I thinking?"

Use your senses to think more clearly about a situation.

Using less demanding words such as maybe and perhaps.

Your behavior influences the outcome.

In any given situation, at least two people share responsibility.

More evidence leads to wittier thinking.

Ask/answer the questions: who, what, when and where to determine why.

Use less extreme words (sometimes, a few, etc).

Ask yourself what someone else might think about the situation.

Give yourself credit for your efforts.

Earn Brownie Points

Guess which one?

Play Up

Strike A Balance

Twist Someone's Words

Pass The Buck

Play Down

One Track Mind

Read Someone Like A Book

Lumping Everyone Together

Left Holding The Bag

Jump Off The Deep End

On Someone's Back

The Handwriting Is On The Wall

Do A 180

Tip The Scales

It Takes Two To Tango

Go On A Fishing Expedition

Cut Someone Some Slack

Put Yourself In Someone Else's Shoes

Collect One's Thoughts

Come To One's Senses

Burning Questions

Paint Everyone With The Same Brush