



1. Example: Jump Off the Deep End

2. Play Up



3. Paint Everyone With the Same Brush



4. Pass the Buck

Twist Someone's Words

On Someone's Back
Play Up

Do a 180

Play Down

Lumping Everyone Together

Jump Off the Deep End

Pass the Buck

One Track Mind

The Handwriting is On the Wall

Paint Everyone With the Same Brush

Left Holding the Bag

Read Someone Like a Book

Iffy Thoughts: Homework 9 Answer Key



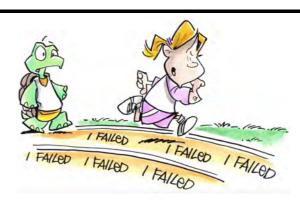


Do a 180

6. On Someone's Back



7. Left Holding the Bag



8. One Track Mind

Twist Someone's Words

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Iffy Thoughts: Homework 9 Answer Key





9. Lumping Everyone Together

10. The Handwriting is On the Wall



11. Play Down



12. Twist Someone's Words

Twist Someone's Words

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Iffy Thoughts: Homework 9 Answer Key



13. Read Someone Like a Book

Twist Someone's Words

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Paint Everyone With The Same Brush



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

Play U



Thinking that your problem is worse than it really is.

JUMP OFF THE DEEPEND

Thinking is based on negative feelings.

READ SOMEONE LIKE A BOOK

I KNOW HE
DOEAN'T
LIKE ME

Believing that someone is thinking negatively about you.



Explaining away y	our positive	experiences.
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Thinking an outcome will be negative.



Taking all of the blame.



Thinking that your achievements are no big deal.









I hinking wit	h extreme words.	
Constantly r	repeating a negative thought.	
11.2		
Using dema	nding words on yourself and/or others.	
n u		
Passing the	blame on to someone else.	

Lumping Everyone Together



Attaching a negative label to yourself and/or others based

on an experience.



Paint Everyone With The Same Brush



Example: This is the second kid in my class named Danny who

interrupts so I know that all boys named Danny interrupt.

Play Up



This is the worst day of my life.

I feel helpless so I know I can't do it on my own.



The teacher thinks I cheated.







I'm going to lose the race.



It's my fault we argued.



I don't deserve an award.

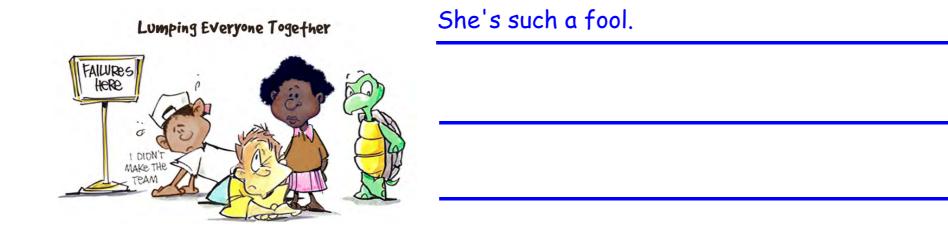








first she likes	me, then she	doesn't.		
I lied, I lied, 1	: lied.			
-1 1				
She has to buy	me a gift.			
He made me lo	ite for school			



Witty Thoughts: Homework 13 Answer Key





1. Example: Come to One's Senses

2. Earn Brownie Points



3. Collect One's Thoughts



4. Go On a Fishing Expedition

Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance

Come to One's senses

Go On a Fishing Expedition

Collect One's Thoughts

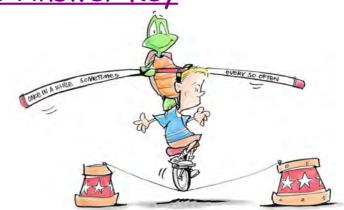
Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

Witty Thoughts: Homework 13 Answer Key





5. Put Yourself in Someone' Else's Shoes

6. Strike a Balance



7. Tip the Scales



8. Cut Someone Some Slack

Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance

Come to One's Senses

Go On a Fishing Expedition

Collect One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

Witty Thoughts: Homework 13 Answer Key



9. Burning Questions



10. It Takes Two to Tango

Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance

Come to One's Senses

Go On a Fishing Expedition

Collect One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango



cut Someone Some Slack

Example: Use less demanding words



Your behavior influences the outcome.



Give yourself credit for your efforts.



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









Use less extreme words.



Ask yourself, "What am I thinking?".



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

GO ON A FISHING EXPEDITION



More evidence leads to wittier thinking.

PUT YOURSELF IN SOMEONE ELSE'S SHOES



Ask yourself what someone else might think about the situation.

Exploring Witty Thoughts: Homework 15 Answer Key



cut Someone Some Slack



Example: Perhaps I'll win the spelling bee.



I ate dinner, it's likely I'll get dessert.





He invited me because I'm a lot of fun.



He's not a bad student, he's my friend who had to stay after school yesterday because he forgot to hand in his homework every day this week.

Exploring Witty Thoughts: Homework 15 Answer Key







Sometimes you win, sometimes you lose.



Tomorrow is the first day of school.



You were shouting too.

Exploring Witty Thoughts: Homework 15 Answer Key

GO ON A FISHING EXPEDITION



I thought the school trip was canceled because not enough parents

signed up as chaperones until I found out that we are going to

have a snow storm.

PUT YOURSELF IN SOMEONE ELSE'S SHOES



She might think that he's just tired.



"I used the dog ate my homework excuse again . . . guess I'll keep using it until the teacher finds out that I have a cat."

Example: Go On a Fishing Expedition











"Sure I left my bike out in the rain again . . . but it was overdue for a wash anyway."

Earn Brownie Points

GO ON A FISHING EXPEDITION







"Since dad told me to ask more questions, I decided that before accepting this low grade on my test . . . I need to verify the time and place of its grading and by whom before I can say it's reliable."

Burning Questions







"The hard part isn't knowing that I got a low grade on my project . . . rather, it's going to be convincing my parents that this is one of those times that they could be more flexible in their thinking."

Cut Someone Some Slack



"I find that tuning into all of my senses is helpful in getting the most out of life . . . but tuning out helps when I show my parents my report card."

Come to One's Senses



"My parents love to dance so I told them that I'm giving them dancing lessons for their anniversary; they were thrilled until I told them that my part was coming up with the idea . . . and their part will be to pay for it."

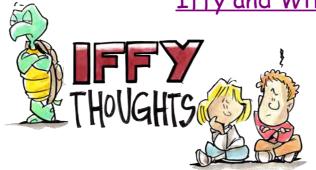
It Takes Two to Tango



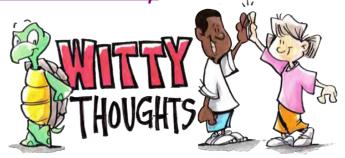
"I was walking home from school with yet another poor test grade when my friend said to me, 'What do you think your parents will say?' I told her that what they may see as another poor test grade I see as being consistent."

Put Yourself in Someone Else's Shoes





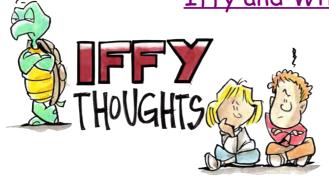
<u>Clue #1</u> #1. Witty Thought



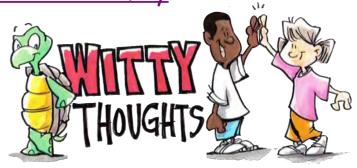
Clue #2 #2. From time to time

#3.I am: Example: Strike a Balance





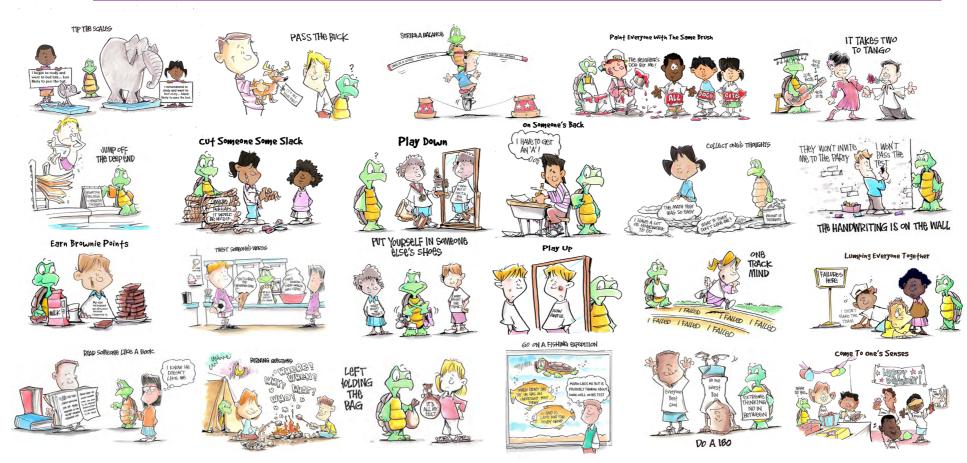
Clue #1 #1. Iffy Thought



<u>Clue #2</u>

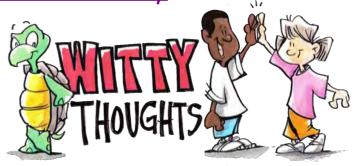
#2. Problems seem bigger than what they are

#3.I am: Play Up





<u>Clue #1</u> #1. Iffy Thought



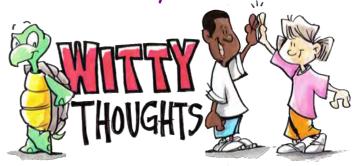
Clue #2 #2. I can't take credit

#3.I am: Twist Someone's Words





Clue #1 #1. Witty Thought



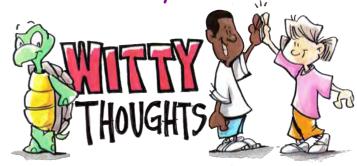
Clue #2 #2. I need to think about it

#3.I am: Collect One's Thoughts



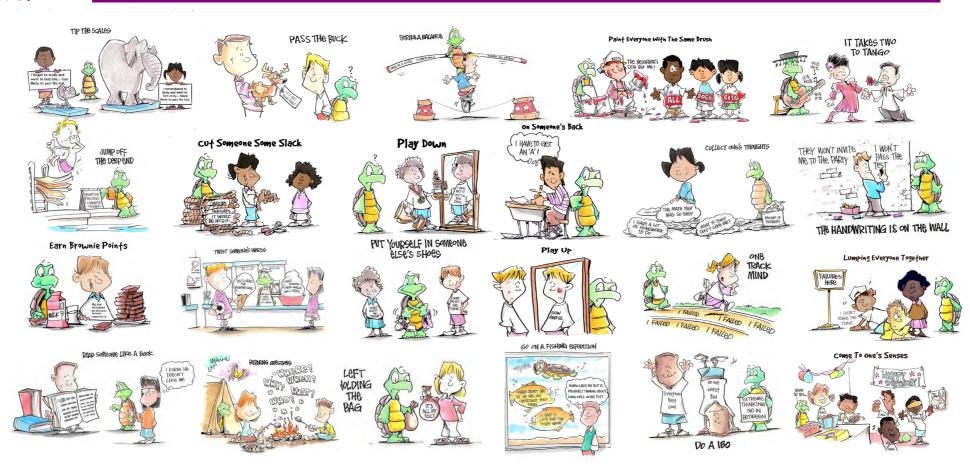


<u>Clue #1</u> #1. Iffy Thought



Clue #2 #2. Heads or tails

#3.I am: Do a 180



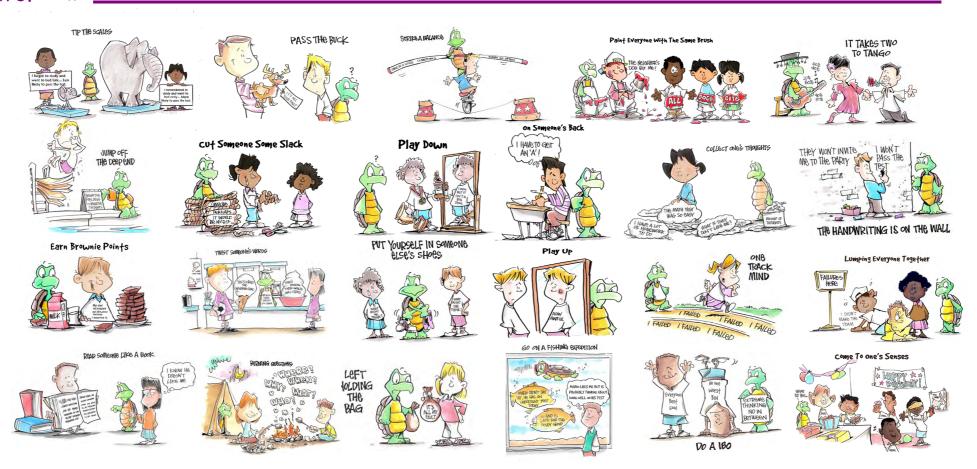


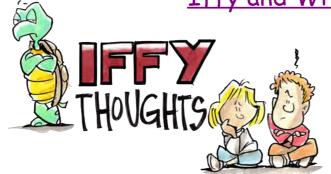
Clue #1 #1. Witty Thought



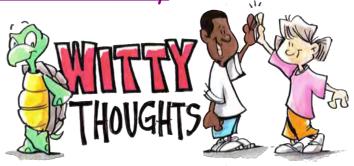
Clue #2 #2. Give me a break

#3.I am: Cut Someone Some Slack



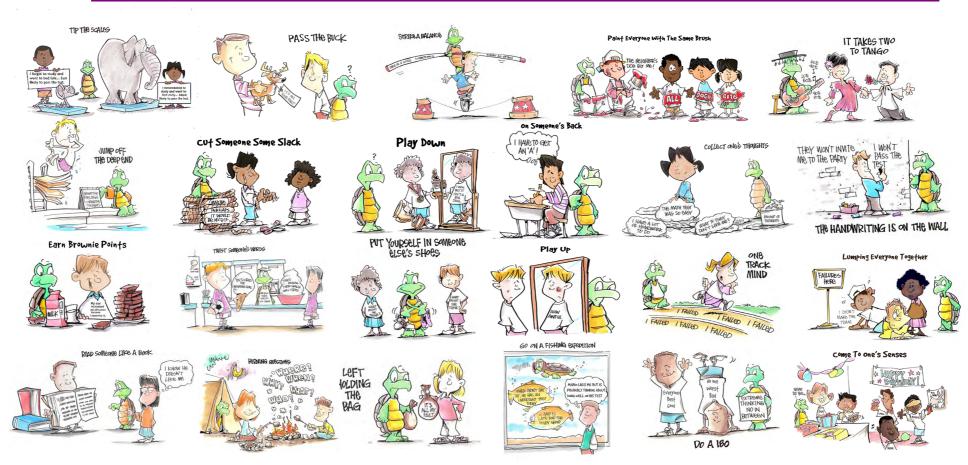


<u>Clue #1</u> #1. Iffy Thought



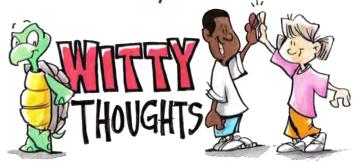
Clue #2 #2. Overly emotional

#3.I am: Jump Off the Deep End



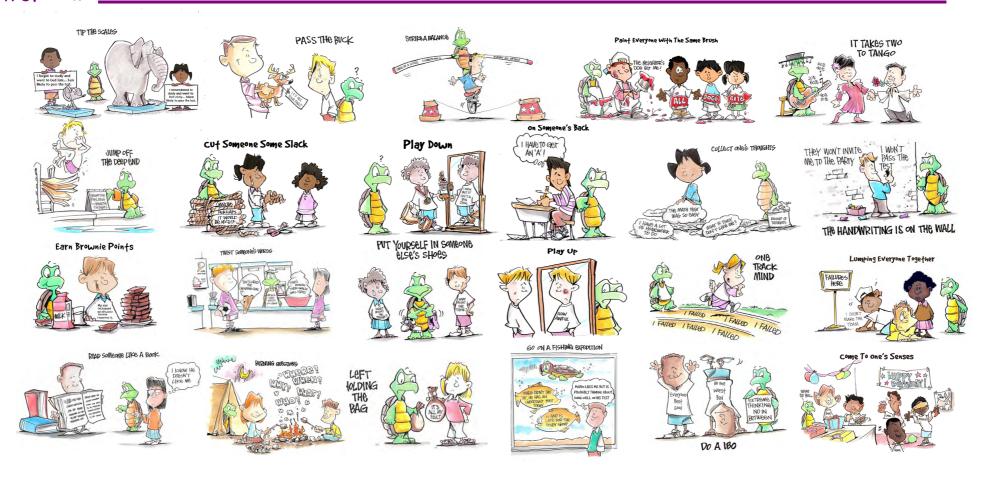


<u>Clue #1</u> #1. Iffy Thought



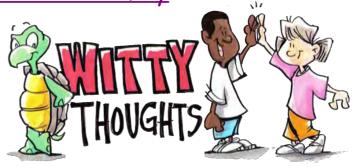
Clue #2 #2. They're all alike

#3.I am: Paint Everyone With the Same Brush



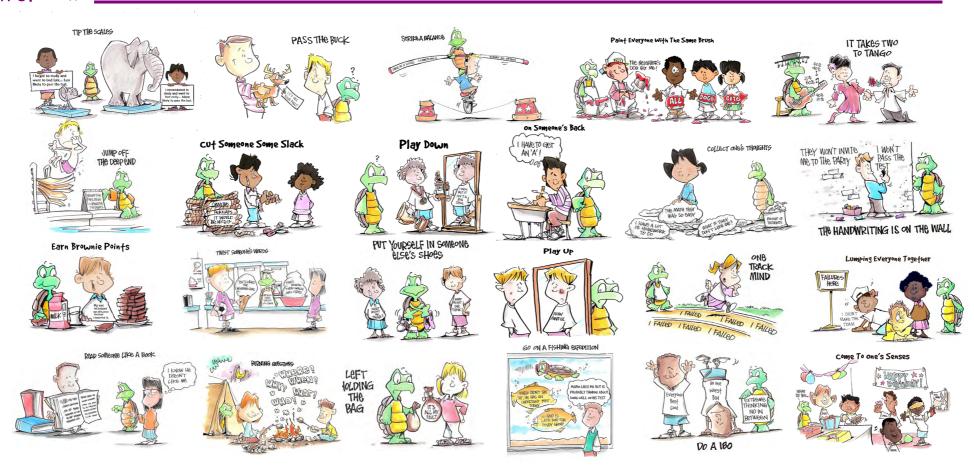


Clue #1 #1. Witty Thought



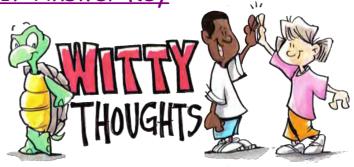
 $\underline{\textit{Clue \#2}}$ #2. The more you know the better

#3.I am: Go On a Fishing Expedition



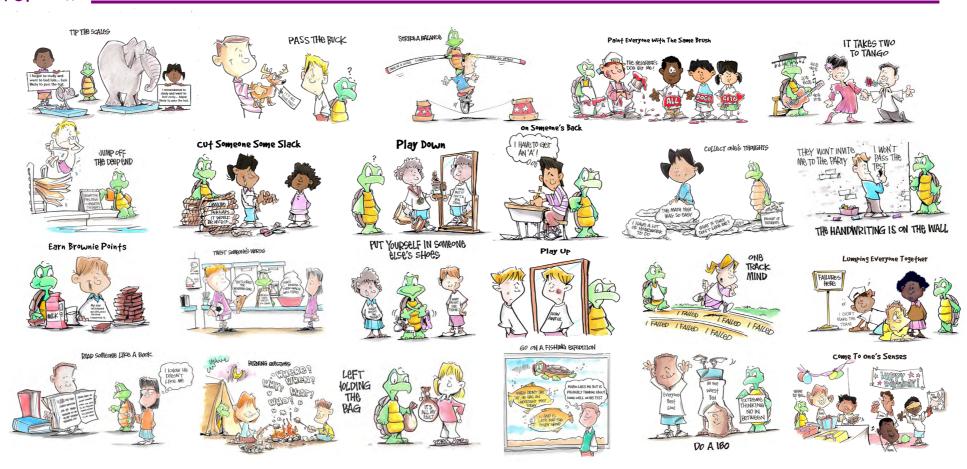


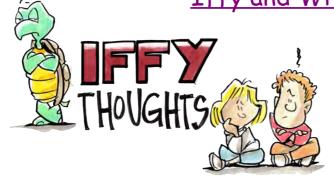
<u>Clue #1</u> #1. Iffy Thought



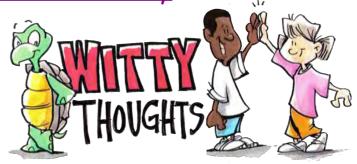
Clue #2 #2. Make light of your success

#3.I am: Play Down



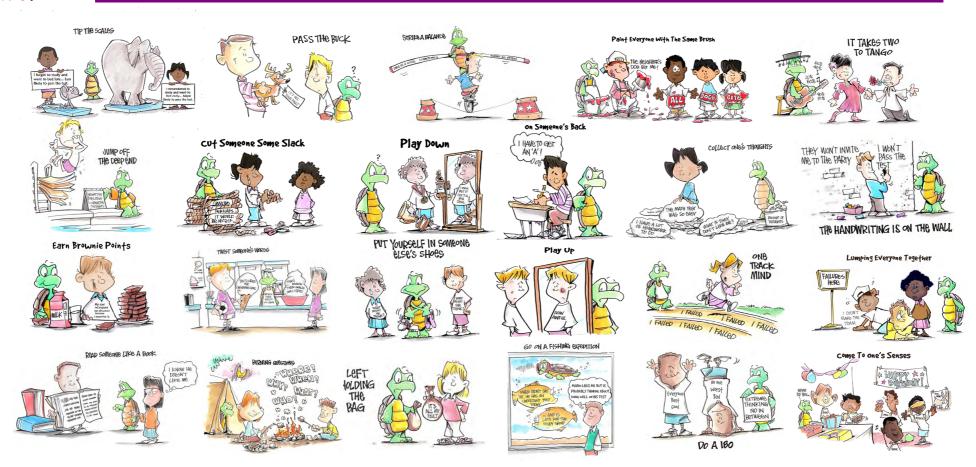


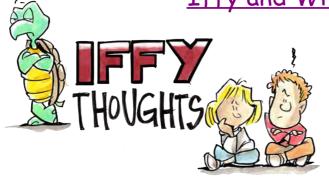
<u>Clue #1</u> #1. Iffy Thought



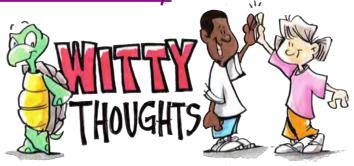
Clue #2
#2. It's all I think about

#3.I am: One Track Mind





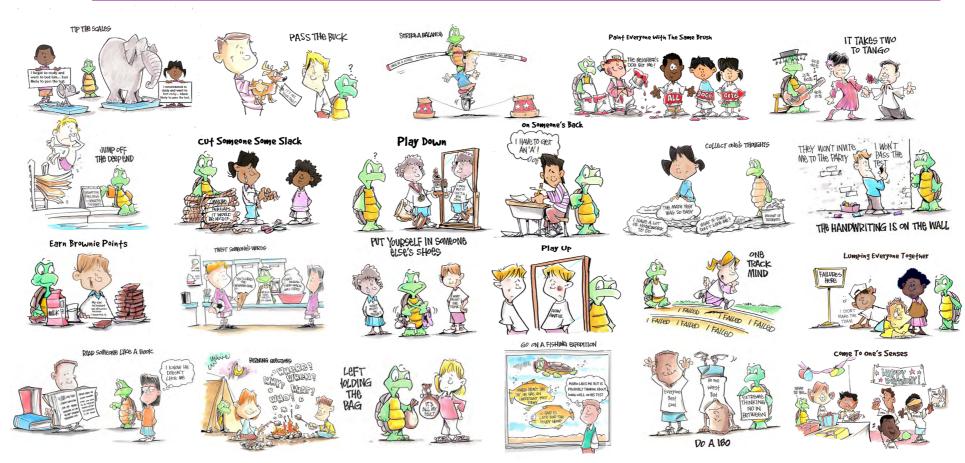
Clue #1 #1. Witty Thought

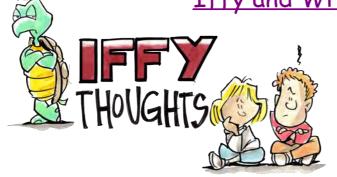


<u> Clue #2</u>

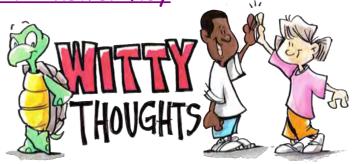
#2. Ask/answer the million dollar questions

#3.I am: Burning Questions





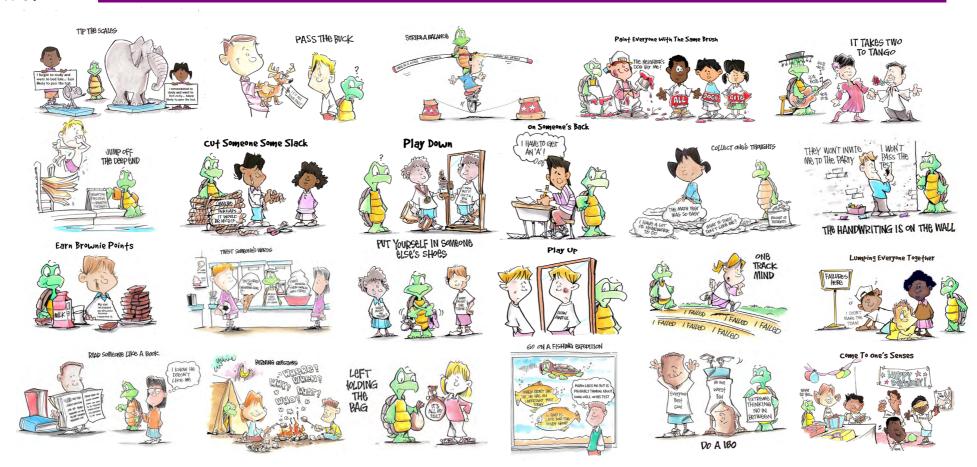
<u>Clue #1</u> #1. Iffy Thought

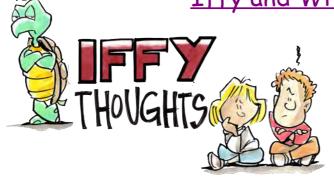


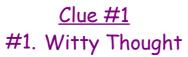
<u> Clue #2</u>

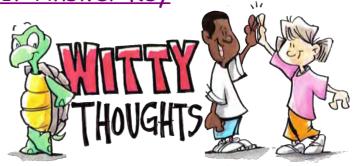
#2. Tag you're it

#3.I am: Pass the Buck



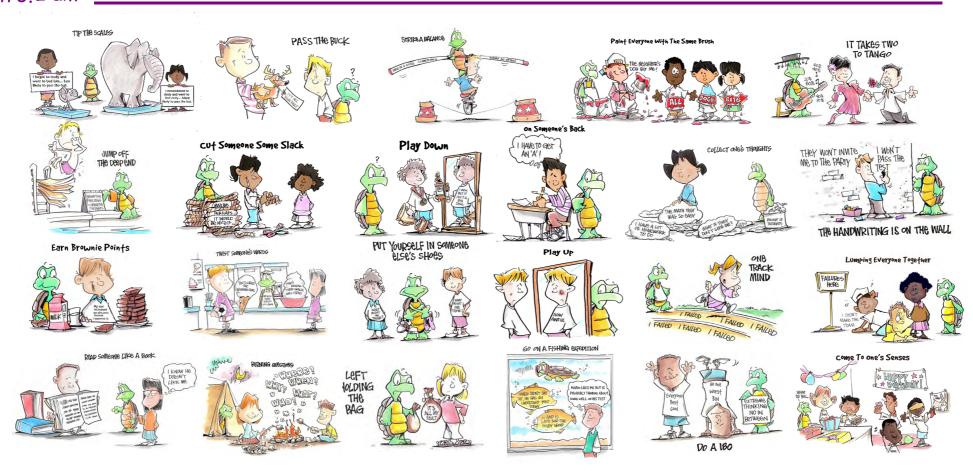


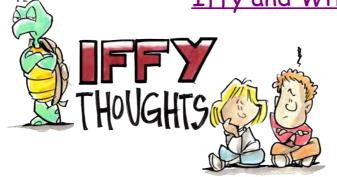




Clue #2 #2. I need a second opinion

#3.I am: Put Yourself in Someone Else's Shoes





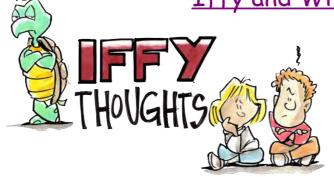
<u>Clue #1</u> #1. Iffy Thought THOUGHTS

<u>Clue #2</u>

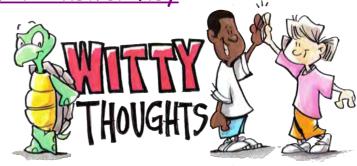
#2. Beg

#3.I am: On Someone's Back



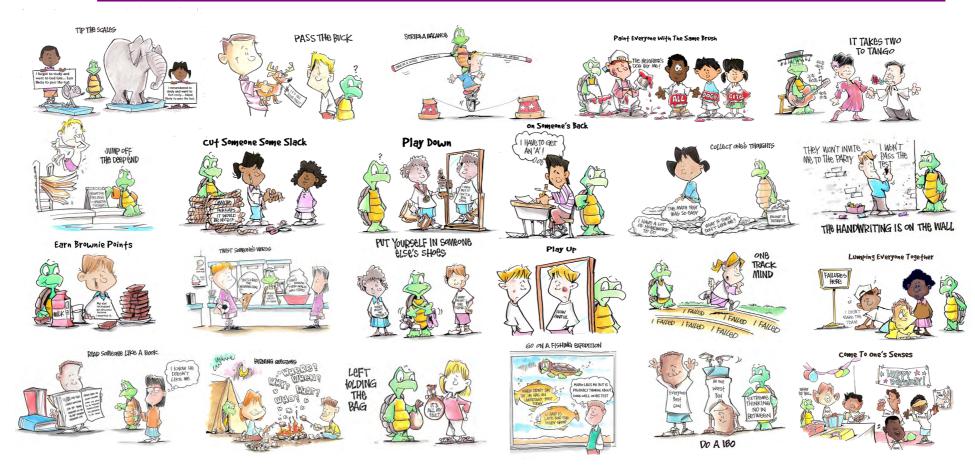


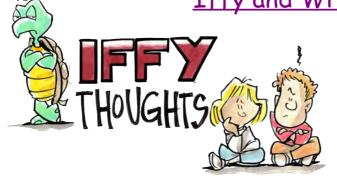
Clue #1 #1. Witty Thought



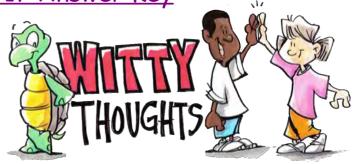
Clue #2 #2. Seeing is believing

#3.I am: Come to One's Senses



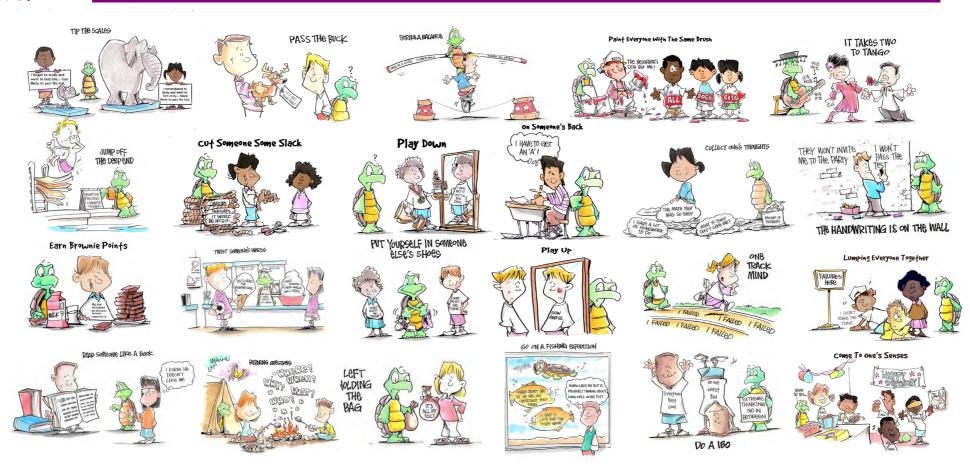


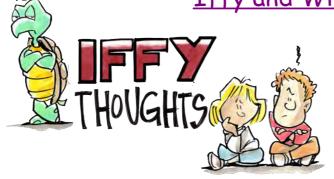
<u>Clue #1</u> #1. Iffy Thought



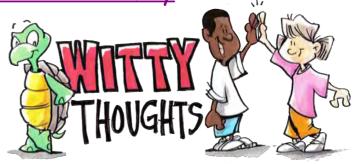
Clue #2 #2. Dark clouds ahead

#3.I am: The Handwriting is On the Wall



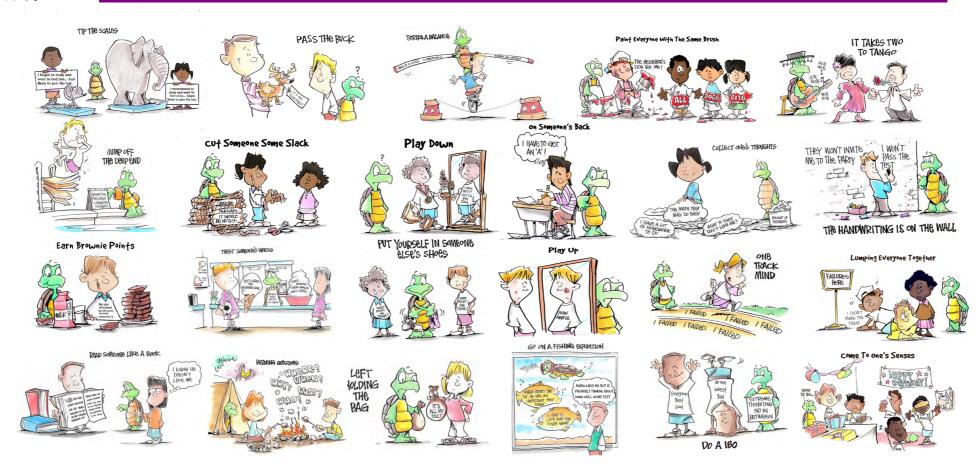


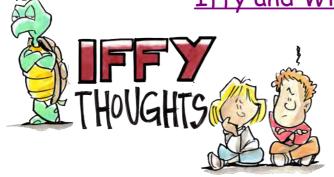
Clue #1 #1. Witty Thought



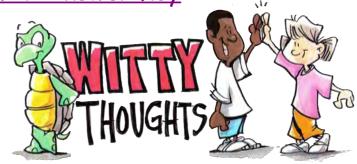
Clue #2 #2. What you do is what you get

#3.I am: Tip the Scales



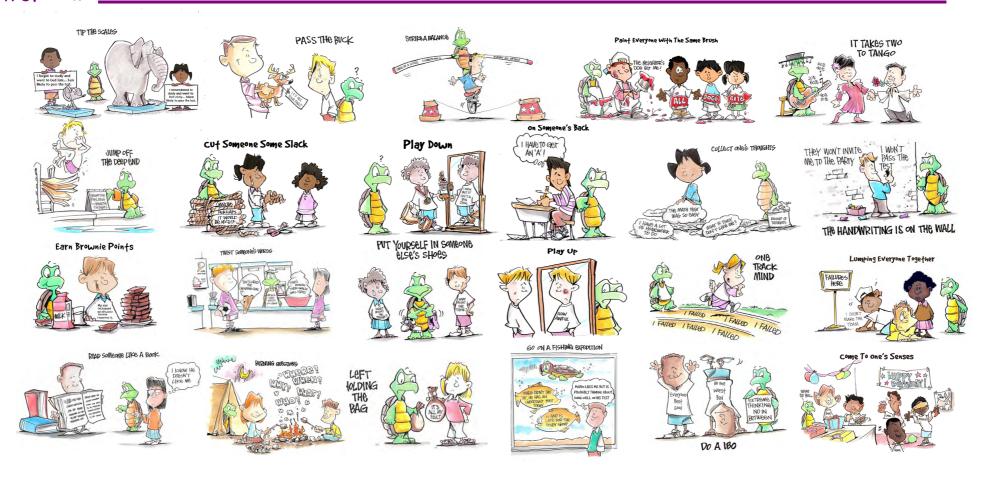


Clue #1 #1. Iffy Thought



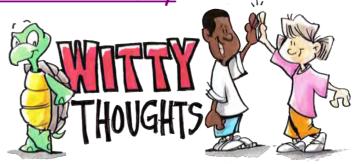
Clue #2 #2. You move like a snail

#3.I am: Lumping Everyone Together



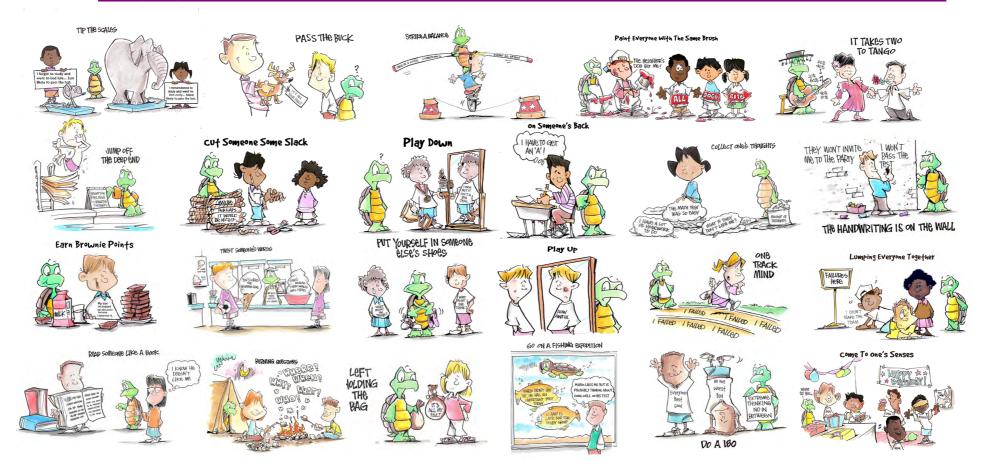


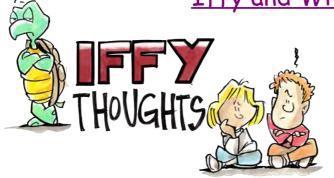
Clue #1 #1. Witty Thought



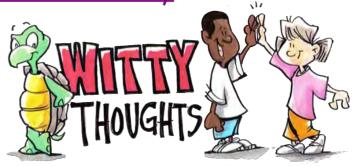
Clue #2 #2. We all have a part in it

#3.I am: It Takes Two to Tango



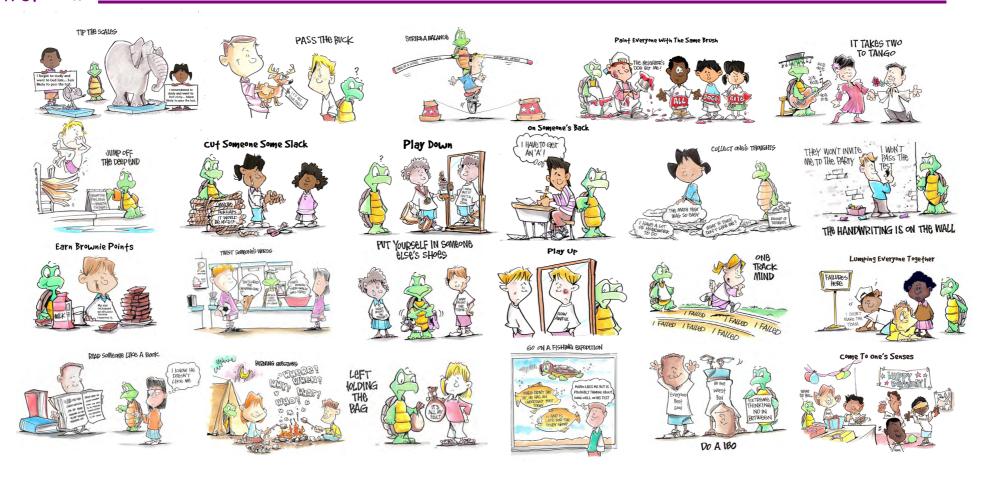


<u>Clue #1</u> #1. Iffy Thought



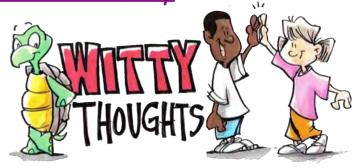
Clue #2
#2. I know what you're thinking

#3.I am: Read Someone Like a Book



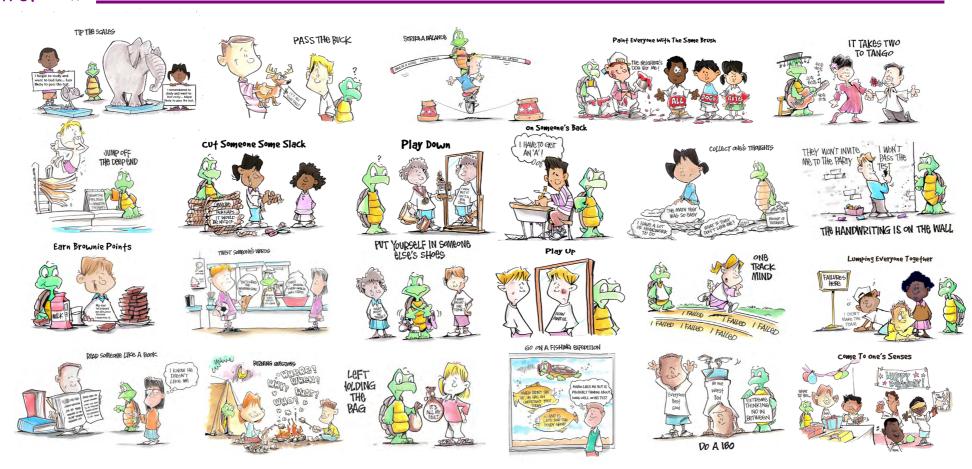


<u>Clue #1</u> #1. Witty Thought



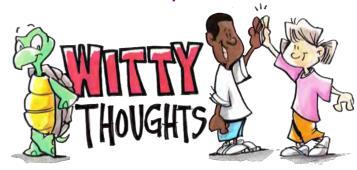
Clue #2 #2. I accept credit

#3.I am: Earn Brownie Points





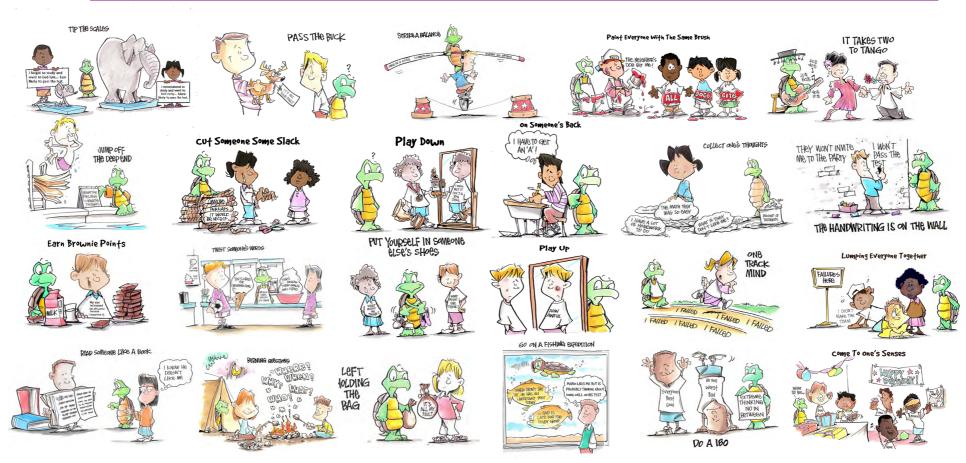
Clue #1 #1. Iffy Thought

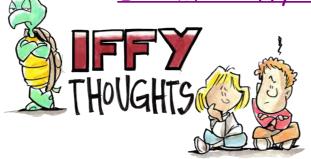


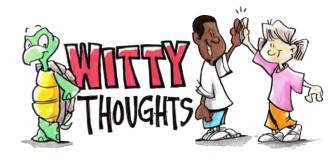
<u>Clue #2</u>

#2. If something goes wrong, all eyes are on me

#3.I am: Left Holding the Bag







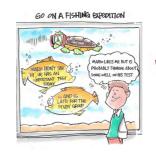


Example: It Takes Two to Tango











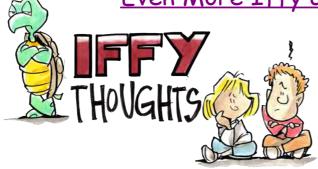


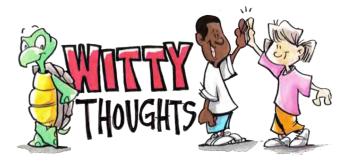












Paint Everyone With The Same Brush



Go On a Fishing Expedition











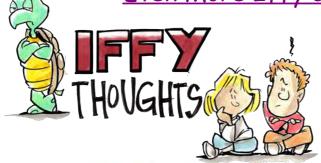


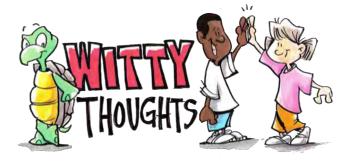














Collect One's Thoughts











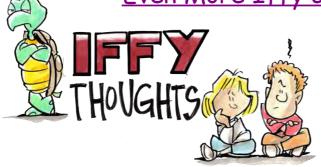


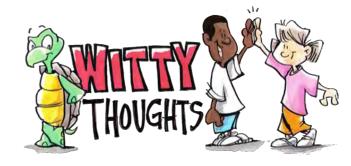












Play Down

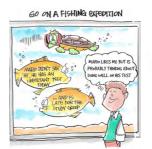


Come to One's Senses













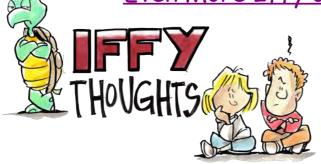


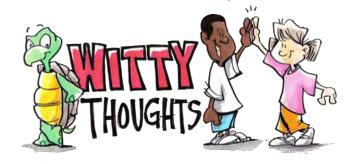














Cut Someone Some Slack













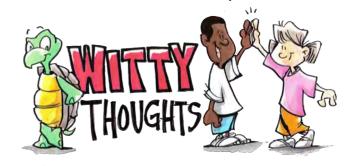














Tip the Scales



























Earn Brownie Points











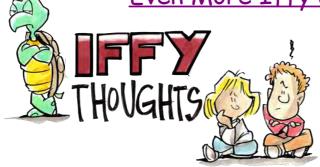














Play Up



Come to One's Senses





























Come to One's Senses











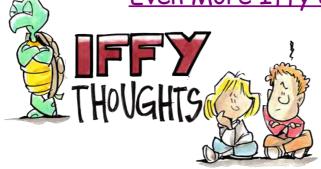


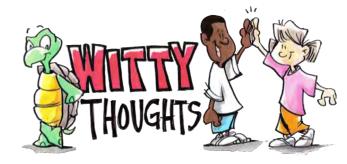












Lumping Everyone Together



Burning Questions







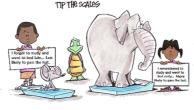




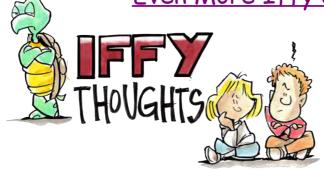


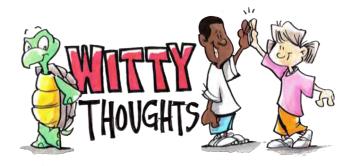
















Put Yourself in Someone Else's Shoes/Come to One's Senses

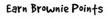












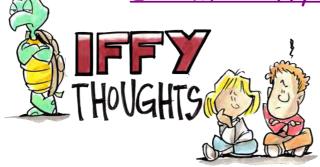


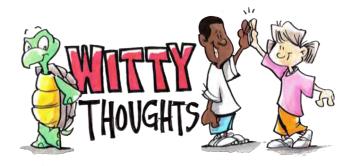














It Takes Two to Tango











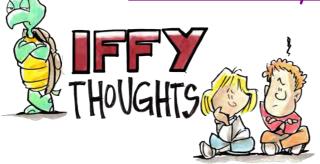


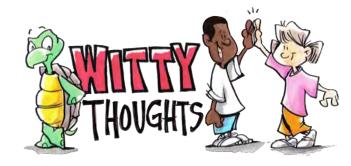














DO A 180

Strike a Balance

















