

# 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.	Believing that someone is thinking negatively about you	Using demanding words on yourself and/or others.	Ask yourself, "What am I thinking?"	Your behavior influences the outcome.	Ask/answer the questions: who, what, when and where to determine why.
Constantly repeating a negative thought.	Explaining away your positive experiences.	Attaching a negative label to yourself and/or others based on an experience.	Use your senses to think more clearly about a situation.	In any given situation, at least two people share responsibility.	Use less extreme words (sometimes, a few, etc).
Thinking is based on negative feelings.	Thinking the outcome will be negative.	Passing the blame onto someone else.	Using less demanding words such as maybe and perhaps.	More evidence leads to wittier thinking.	Ask yourself what someone else might think about the situation.
With little information, you use words like: all always and never to form your opinion.	Thinking with extreme words.	Taking all of the blame.			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