

# **ANSWER KEY FOR HOMEWORK ASSIGNMENTS**

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## ACTIVITIES 1-8 & 12

- Activity 1:** Where Do Feelings Come From? responses are correct providing the child writes a sentence using a feeling word.
- Activity 2:** What's on Your Mind? responses are correct providing the child writes a thought relative to the situation given.
- Activity 3:** How Do Your Thoughts Make You Feel? responses are correct providing the child writes a thought that fits the feeling given.
- Activity 4:** What Do You Do With Your Feelings? responses are correct providing the child writes a behaviour that might follow the feeling given.
- Activity 5:** From Thoughts to Feelings to Behaviors: responses are correct providing the child writes a logical sequence outlining a thought, feeling and behaviour.
- Activity 6:** Behaviors lead to Consequences. responses are correct providing the child writes a behaviour and matching consequence.
- Activity 7:** Train of Thought: responses are correct providing the child generates a situation, thought, feeling, behaviour and consequences relative to a situation.
- Activity 8:** Train of Thoughts. Responses are correct providing the child generates up to 3 thoughts, feelings, behaviors and consequences relative to a situation.
- Activity 12:** Expanding Your View of Unhelpful Thoughts: responses are correct providing the child generates their own sentence for the unhelpful thought given.

# Iffy Thoughts: Homework 9 Answer Key



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

Do a 180

Lumping Everyone Together

Play Up Pass

Play Down

Jump Off the Deep End

the Buck

One Track Mind

The Handwriting is On the Wall Read

Paint Everyone With the Same Brush

Left Holding the Bag

Someone Like a Book

## Iffy Thoughts: Homework 9 Answer Key



5. Do a 180

---

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6. On Someone's Back

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7. Left Holding the Bag

---



8. One Track Mind

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Twist Someone's Words

On Someone's Back

Do a 180

Lumping Everyone Together

Jump Off the Deep End

Play Up

Play Down

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



9. Lumping Everyone Together



10. The Handwriting is On the Wall



11. Play Down



12. Twist Someone's Words

Twist Someone's Words

On Someone's Back

Do a 180

Lumping Everyone Together

Jump Off the Deep End

Play Up

Play Down Pass

One Track Mind

the Buck

The Handwriting is On the Wall

Paint Everyone With the Same Brush

Read Someone Like a Book

Left Holding the Bag



## Iffy Thoughts: Homework 9 Answer Key



### 13. Read Someone Like a Book

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Twist Someone's Words

On Someone's Back

Do a 180 Play

Lumping Everyone Together The

Jump Off the Deep End

Play Up

Down

Handwriting is On the Wall

Pass the Buck

One Track Mind Left

Paint Everyone With the Same Brush

Holding the Bag

Read Someone Like a Book

# Targeting Iffy Thoughts: Homework 10 Answer Key

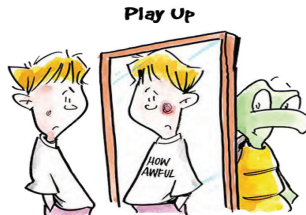


Example: With little information, you use words like, "all", "always",

and "never" to form your opinion.



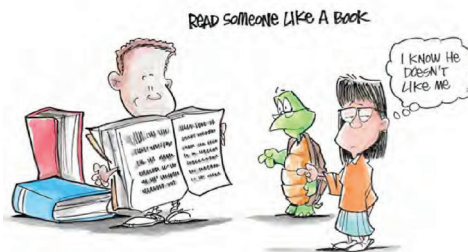
Thinking that your problem is worse than it really is.



Thinking is based on negative feelings.



Believing that someone is thinking negatively about you.



## Targeting Iffy Thoughts: Homework 10 Answer Key



Explaining away your positive experiences.

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Thinking an outcome will be negative.

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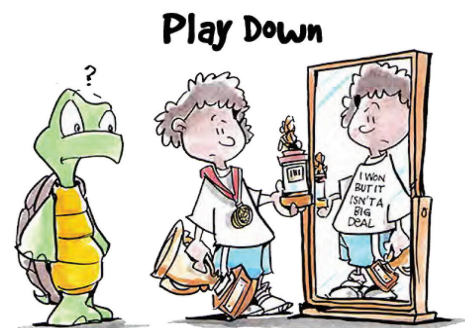


Taking all of the blame.

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Thinking that your achievements are no big deal.

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# Targeting Iffy Thoughts: Homework 10 Answer Key



Do A 180

Thinking with extreme words.

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ONE  
TRACK  
MIND

Constantly repeating a negative thought.

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on Someone's Back

Using demanding words on yourself and/or others.

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PASS THE BUCK

Passing the blame on to someone else.

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## Targeting Iffy Thoughts: Homework 10 Answer Key

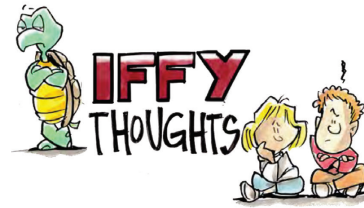
**Lumping Everyone Together**



Attaching a negative label to yourself and/or others based on an  
\_\_\_\_\_

experience.  
\_\_\_\_\_  
\_\_\_\_\_

# Searching for Iffy Thoughts: Homework 11 Answer Key



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.

Read someone like a book



The teacher thinks I cheated.

Searching for Iffy Thoughts: Homework 11 Answer Key



I won because they let me.

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I'm going to lose the race.

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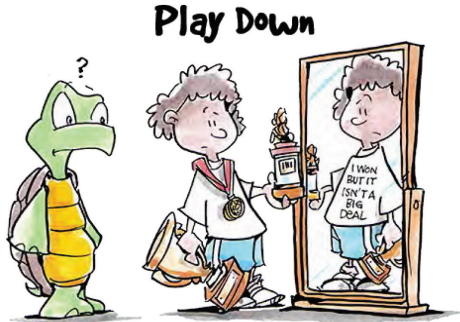


It's my fault we argued.

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I don't deserve an award.

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## Searching for Iffy Thoughts: Homework 11 Answer Key



First she likes me, then she doesn't.

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I lied, I lied, I lied.

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She has to buy me a gift.

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He made me late for school.

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## Searching for Iffy Thoughts: Homework 11 Answer Key

**Lumping Everyone Together**



She's such a fool.

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# 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 Go On

Strike a Balance Collect

Come to One's senses

a Fishing Expedition

One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

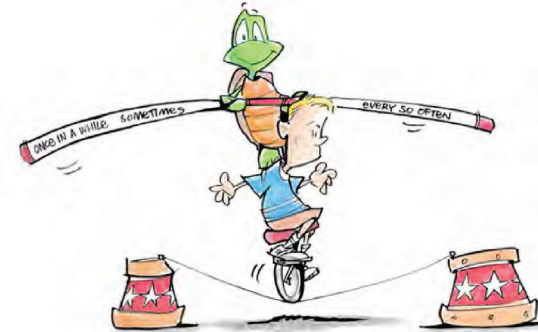
Earn Brownie Points

## Witty Thoughts: Homework 13 Answer Key



5. Put Yourself in Someone' Else's Shoes

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6. Strike a Balance

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7. Tip the Scales

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8. Cut Someone Some Slack

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Tip the Scales

Put Yourself in Someone' Else's Shoes Go On

Strike a Balance Collect

Come to One's Senses

a Fishing Expedition

One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

Earn Brownie Points



## Witty Thoughts: Homework 13 Answer Key



### 9. Burning Questions

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### 10. It Takes Two to Tango

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Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance Collect

Come to One's Senses

Go On a Fishing Expedition

One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

Earn Brownie Points

# Targeting Witty Thoughts: Homework 14 Answer Key



cut Someone Some Slack



Example: Use less demanding words

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Your behavior influences the outcome.

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Give yourself credit for your efforts.

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

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TIP THE SCALES



Earn Brownie Points



# Targeting Witty Thoughts: Homework 14 Answer Key

come To one's Senses



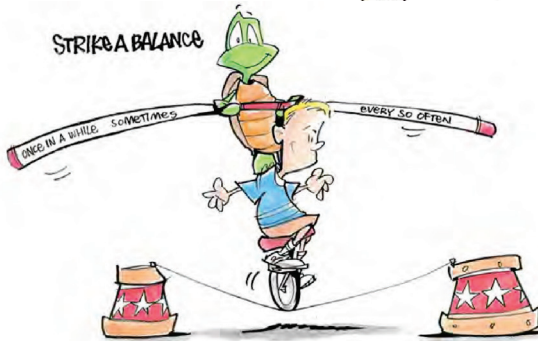
Use your senses to think more clearly about a situation.

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STRIKE A BALANCE



Use less extreme words.

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COLLECT ONE'S THOUGHTS



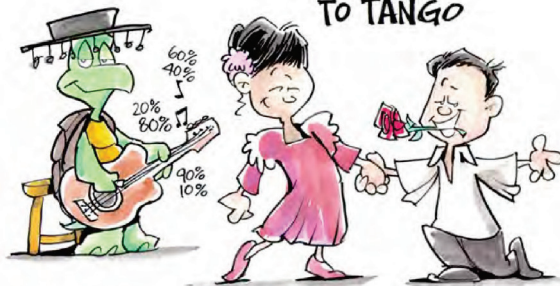
Ask yourself, "What am I thinking?".

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IT TAKES TWO TO TANGO



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

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## Targeting Witty Thoughts: Homework 14 Answer Key

### GO ON A FISHING EXPEDITION



More evidence leads to wittier thinking.

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### PUT YOURSELF IN SOMEONE ELSE'S SHOES



Ask yourself what someone else might think about the situation.

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# Exploring Witty Thoughts: Homework 15 Answer Key



cut Someone Some Slack



Example: Perhaps I'll win the spelling bee.

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TIP THE SCALES



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

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Earn Brownie Points



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

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Earn Brownie Points



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.

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## Exploring Witty Thoughts: Homework 15 Answer Key

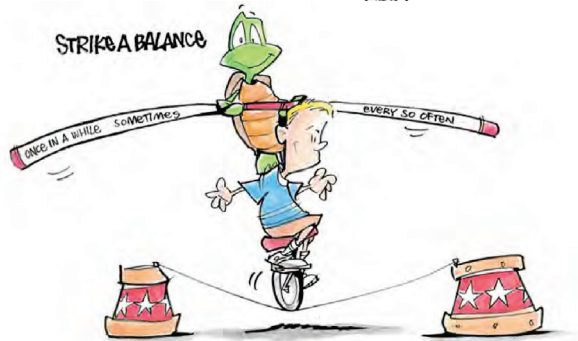


I heard she had to leave because she got a call from her mother.

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Sometimes you win, sometimes you lose.

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Tomorrow is the first day of school.

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You were shouting too.

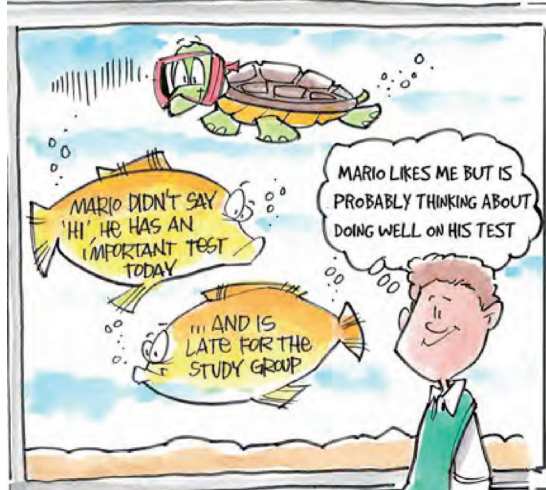
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## Exploring Witty Thoughts: Homework 15 Answer Key

GO ON A FISHING EXPEDITION



PUT YOURSELF IN SOMEONE ELSE'S SHOES



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.

She might think that he's just tired.

## Witty Quotes: Homework 16 Answer Key



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

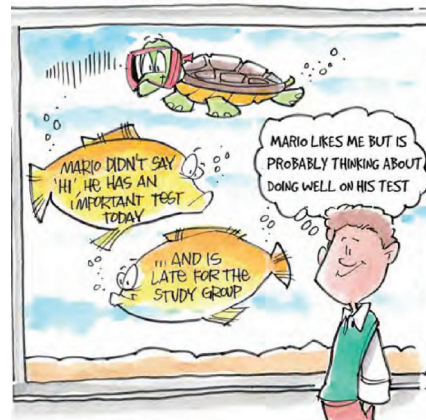
Example: Go On a Fishing Expedition

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**cut Someone Some Slack**



**GO ON A FISHING EXPEDITION**



**IT TAKES TWO TO TANGO**





## Witty Quotes: Homework 16 Answer Key

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

Earn Brownie Points

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## Witty Quotes: Homework 16 Answer Key

"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

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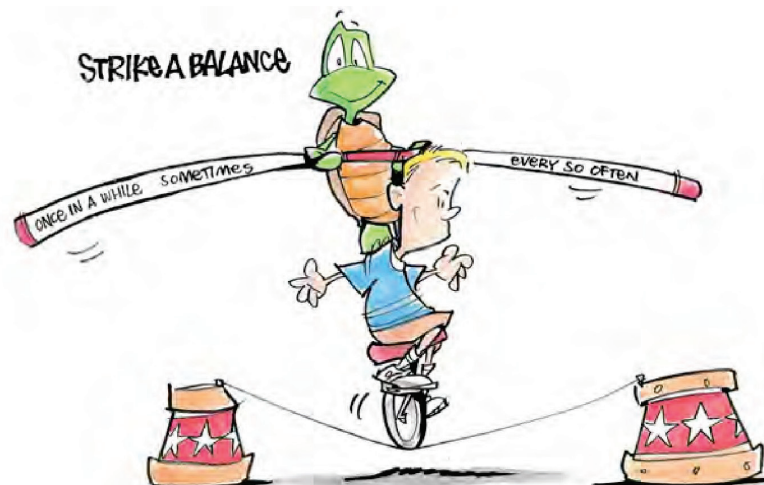


## Witty Quotes: Homework 16 Answer Key

"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

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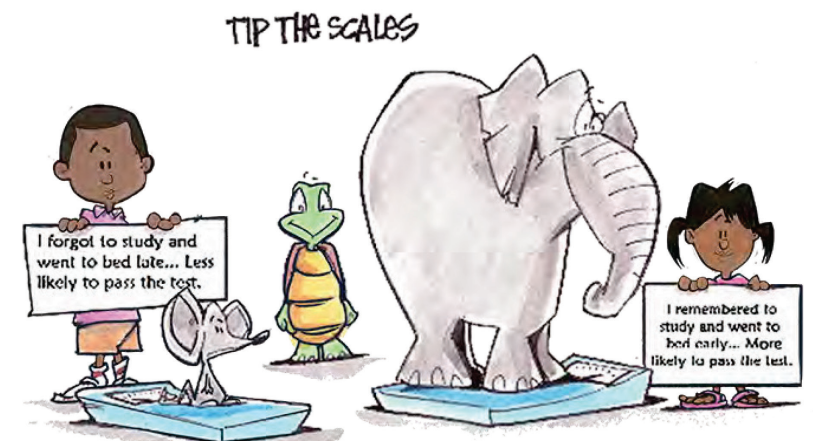


## Witty Quotes: Homework 16 Answer Key

"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

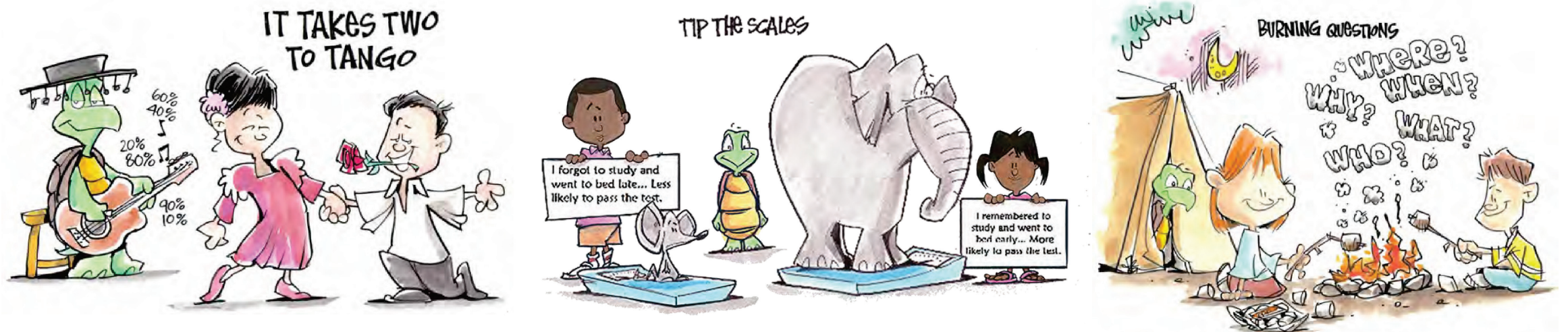
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## Witty Quotes: Homework 16 Answer Key

"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

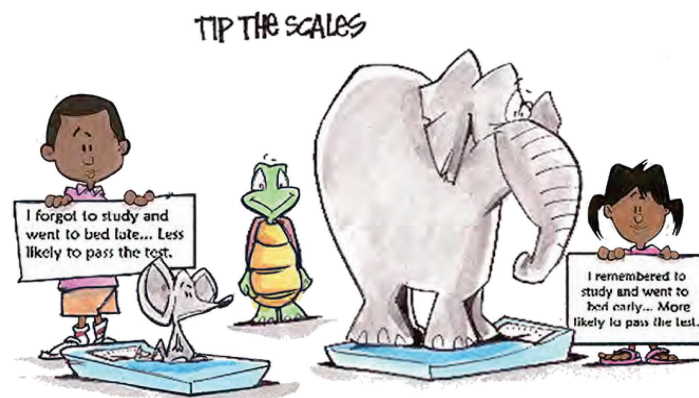
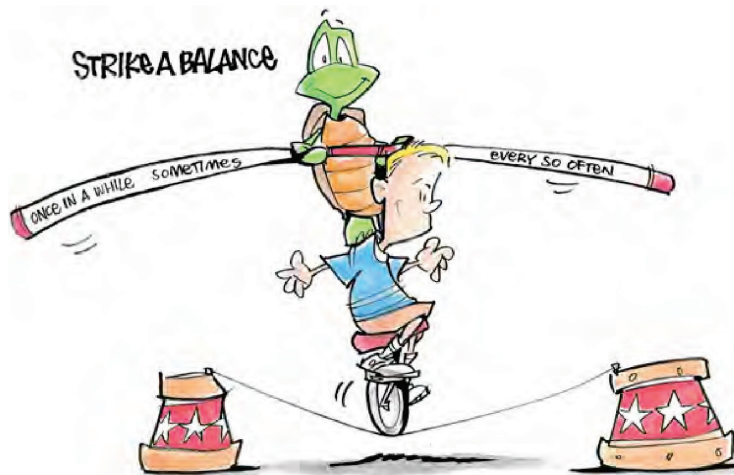


## Witty Quotes: Homework 16 Answer Key

"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."

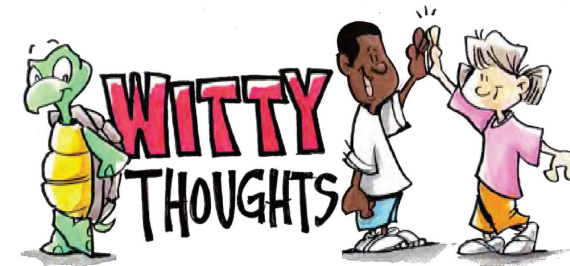
### Put Yourself in Someone Else's Shoes

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## Iffy and Witty Thoughts: Homework 17 Answer Key



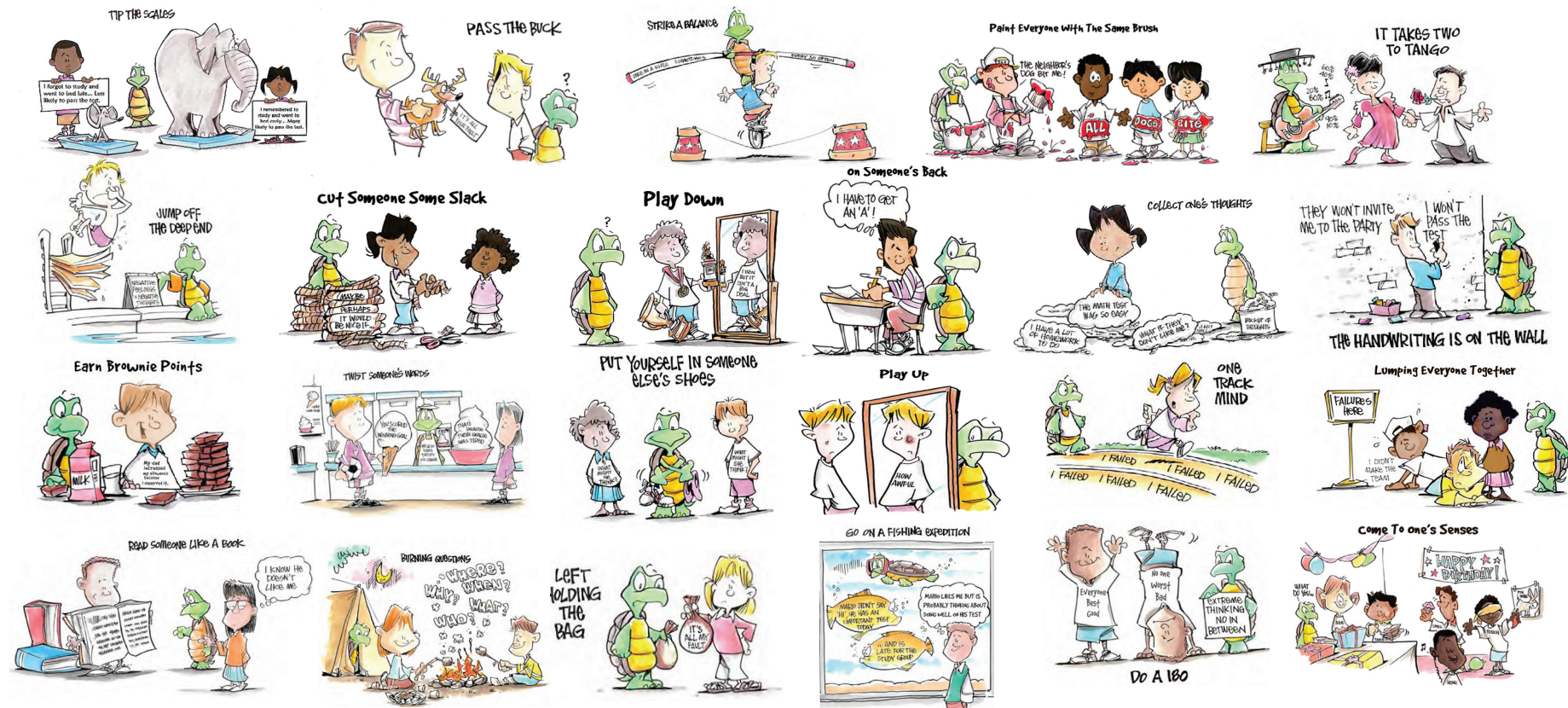
### Clue #1

### #1. Witty Thought

### Clue #2

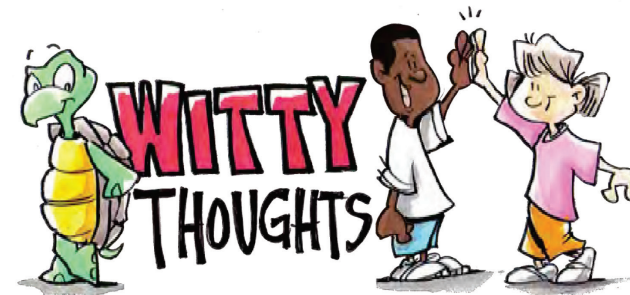
## #2. From time to time

### #3. I am: Example: Strike a Balance





# Iffy and Witty Thoughts: Homework 17 Answer Key



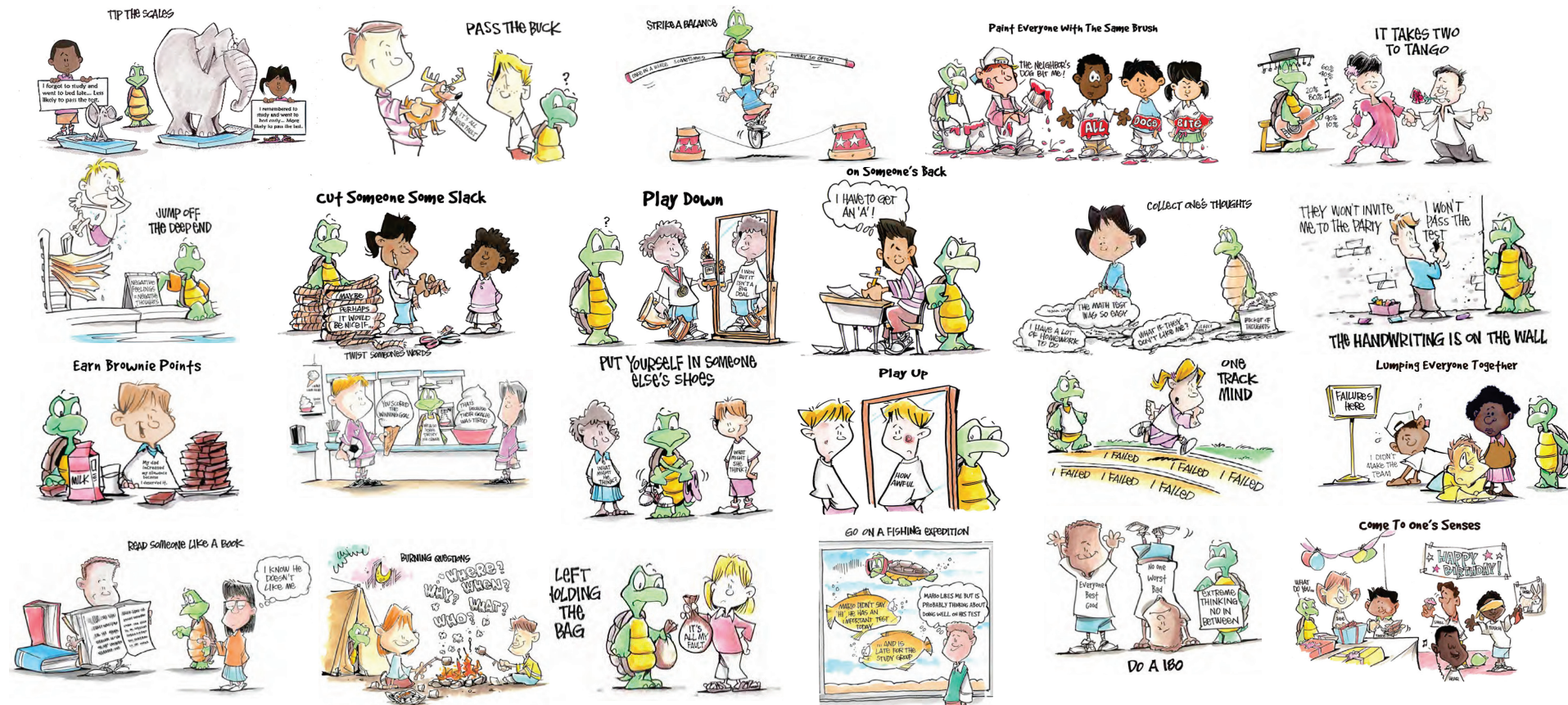
## Clue #1

#1. Iffy Thought

## Clue #2

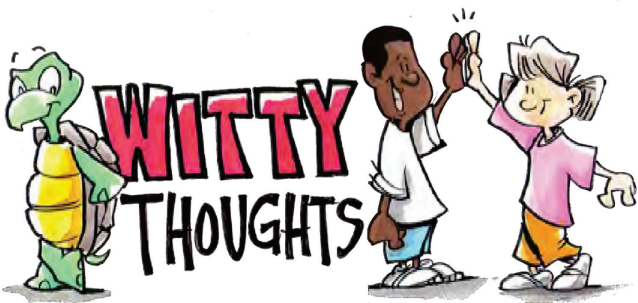
#2. Problems seem bigger than what they are

#3. I am: Play Up





Iffy and Witty Thoughts: Homework 17 Answer Key



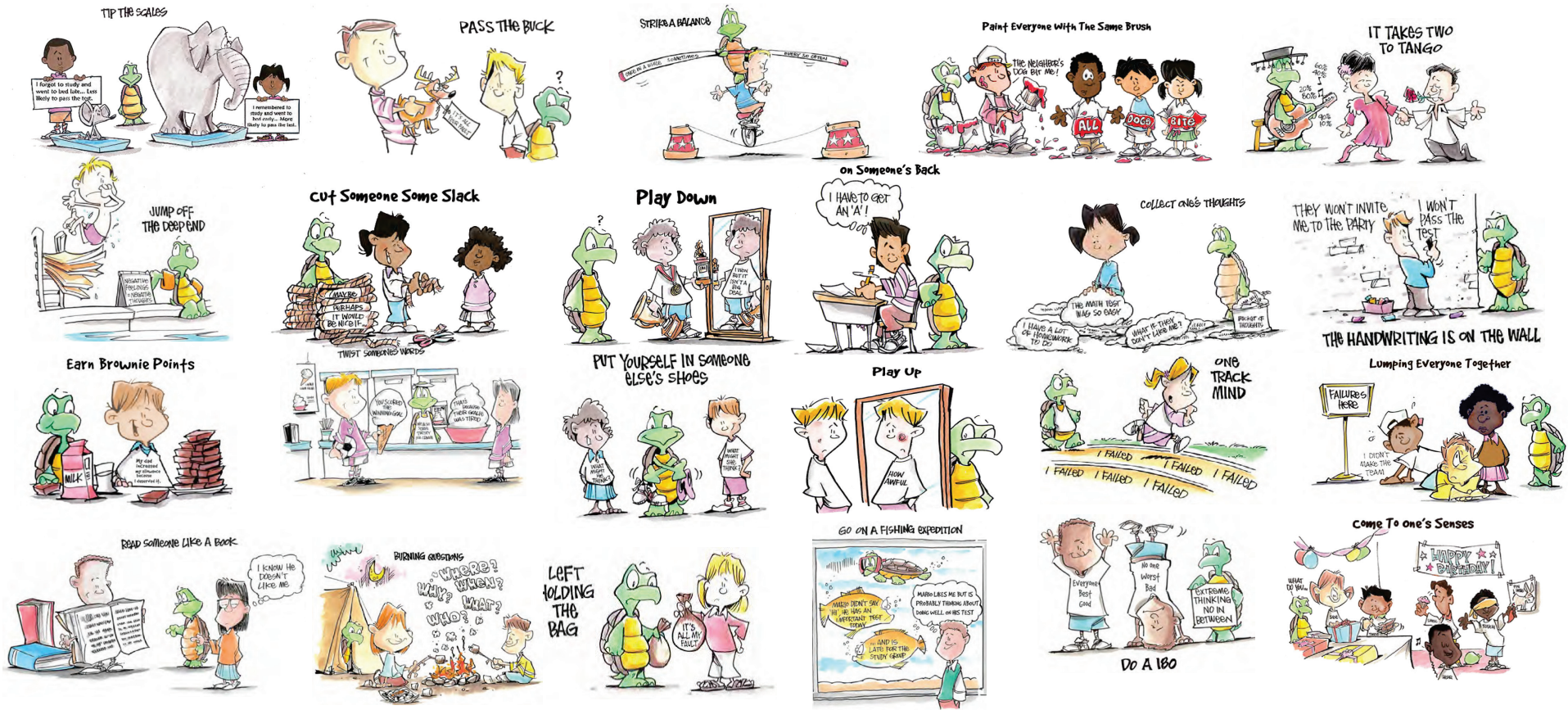
Clue #1

#1. Iffy Thought

Clue #2

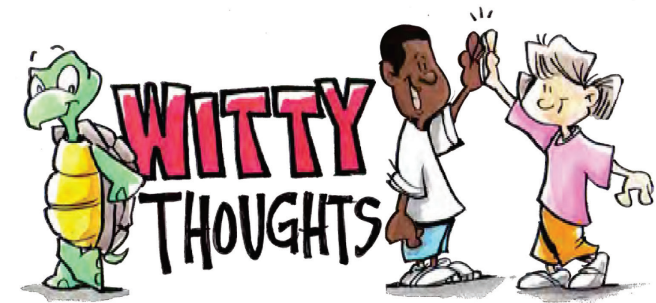
#2. I can't take credit

#3. I am: Twist Someone's Words





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

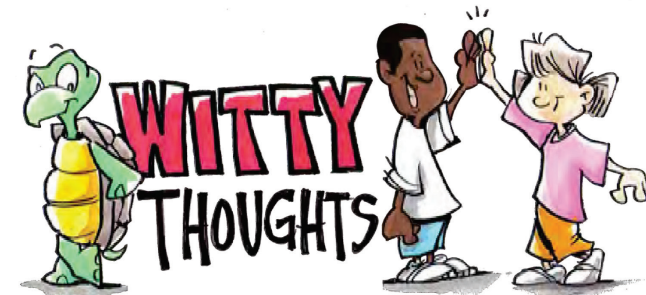
#2. I need to think about it

#3. I am: Collect One's Thoughts





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

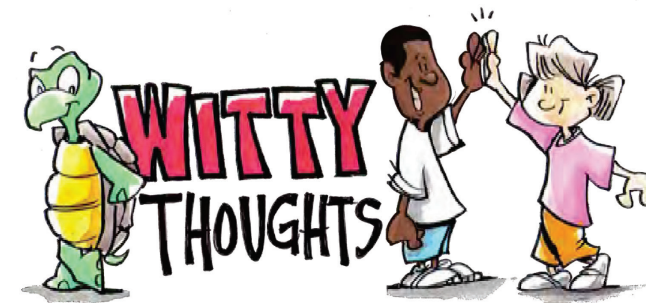
#2. Heads or tails

#3. I am: Do a 180





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

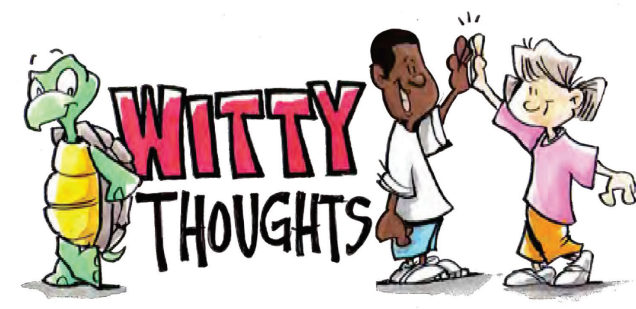
#2. Give me a break

#3. I am: Cut Someone Some Slack





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

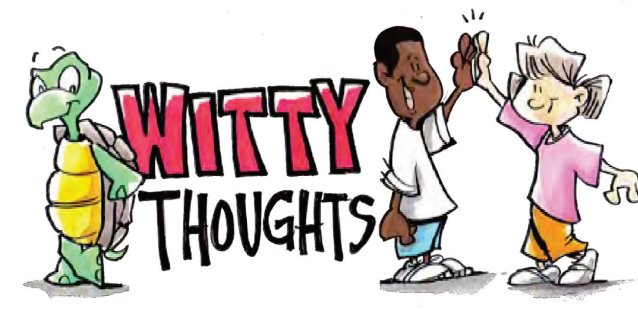
#2. Overly emotional

#3. I am: Jump Off the Deep End





# Iffy and Witty Thoughts: Homework 17 Answer Key



Clue #2

Clue #1 Iffy  
#1. Thought

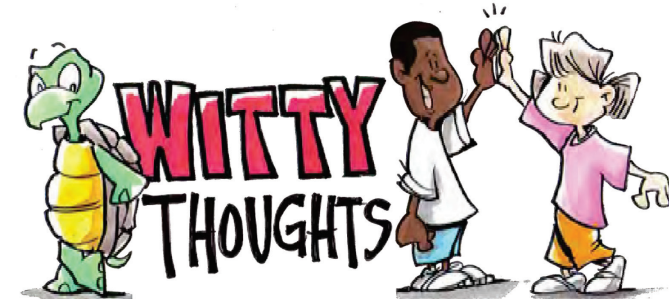
#2. They're all alike

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





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

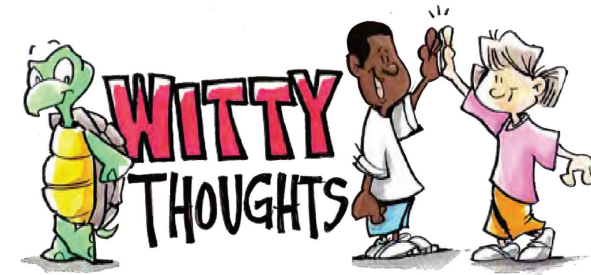
#2. The more you know the better

#3. I am: Go On a Fishing Expedition





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

#2. Make light of your success

#3. I am: Play Down



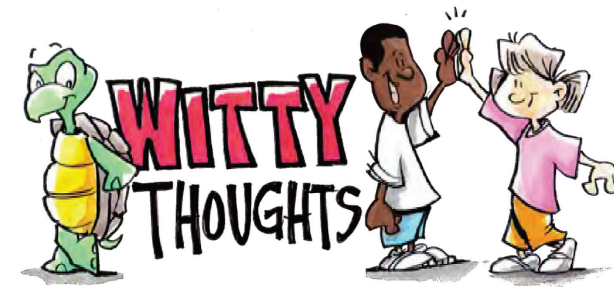


# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought



## Clue #2 It's

#2.

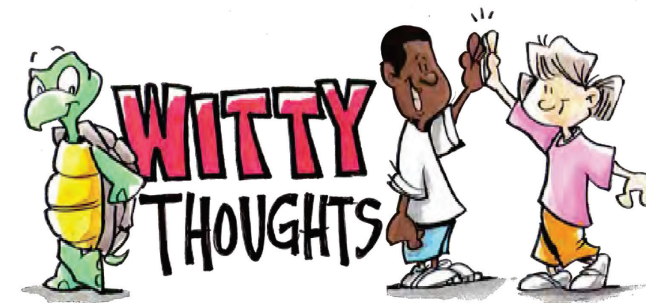
all I think about

#3. I am: One Track Mind





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

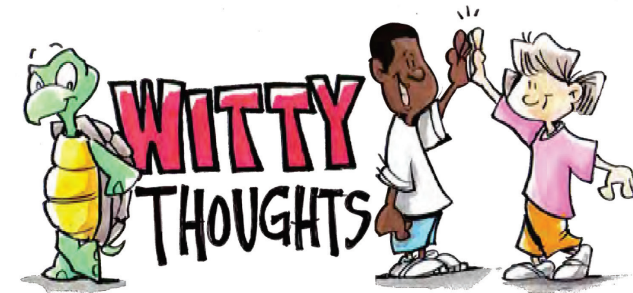
#2. Ask/answer the million dollar questions

#3. I am: Burning Questions





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

#2. Tag you're it

#3. I am: Pass the Buck

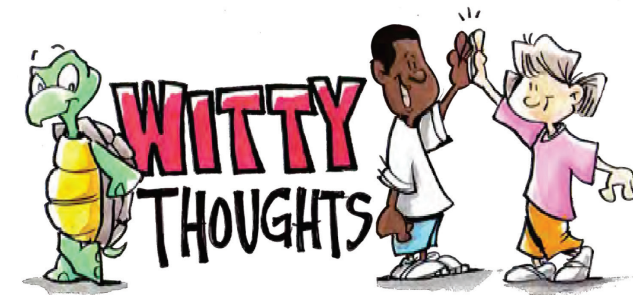




# Iffy and Witty Thoughts: Homework 17 Answer Key



Clue #1 Witty  
#1. Thought



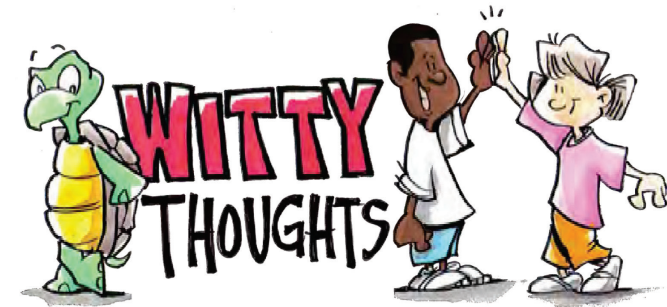
Clue #2  
#2. I need a second opinion

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





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

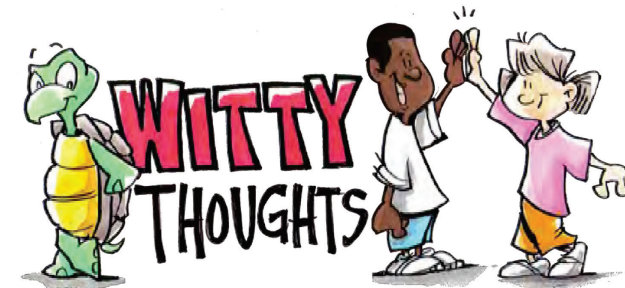
#2. Beg

#3. I am: On Someone's Back





# Iffy and Witty Thoughts: Homework 17 Answer Key



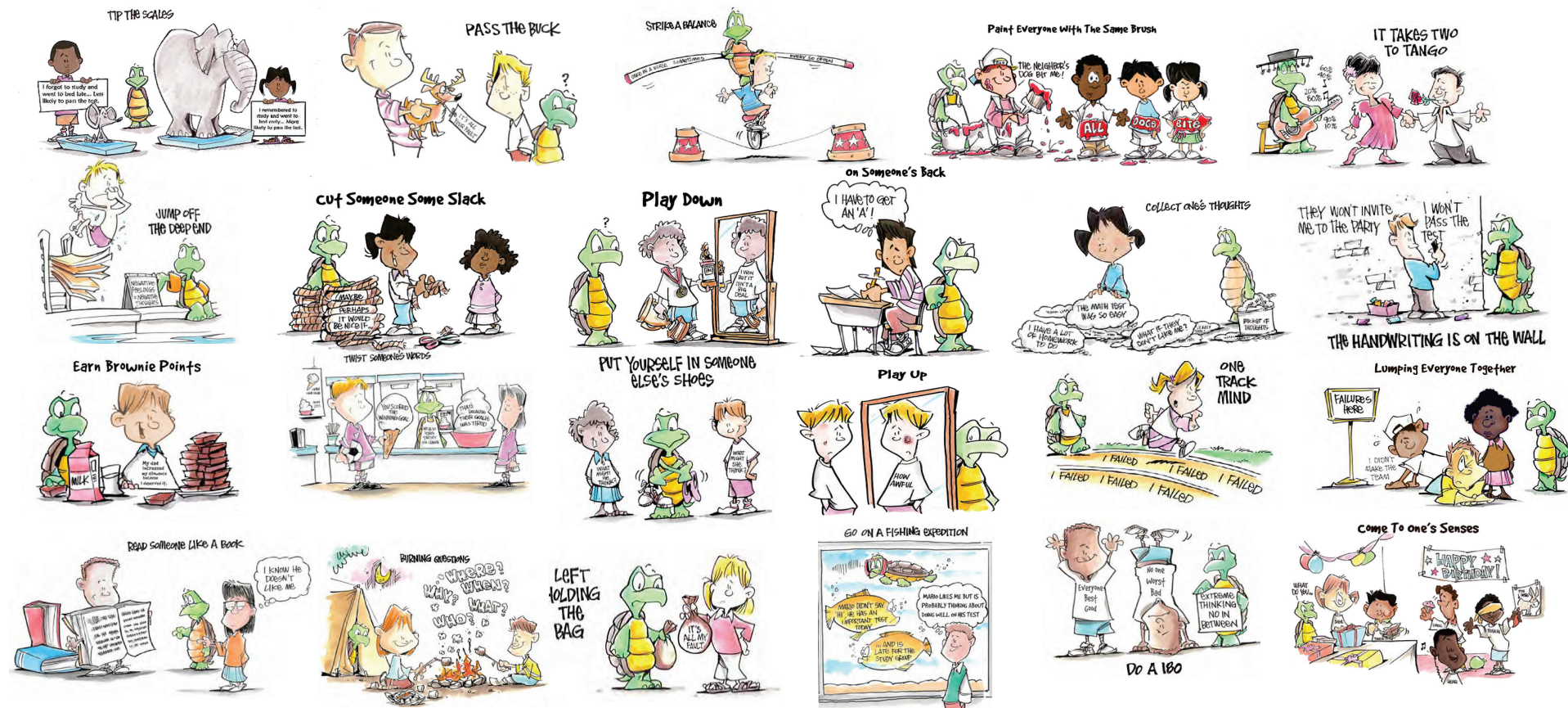
## Clue #1

#1. Witty Thought

## Clue #2

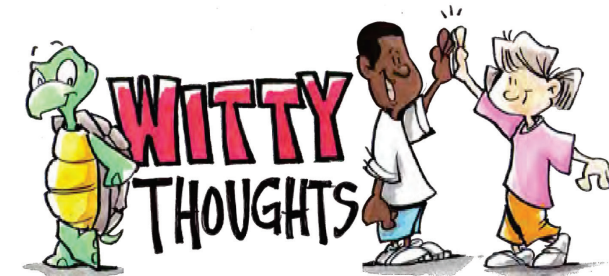
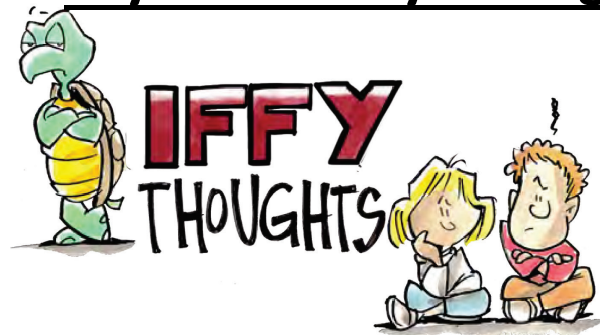
#2. Seeing is believing

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





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

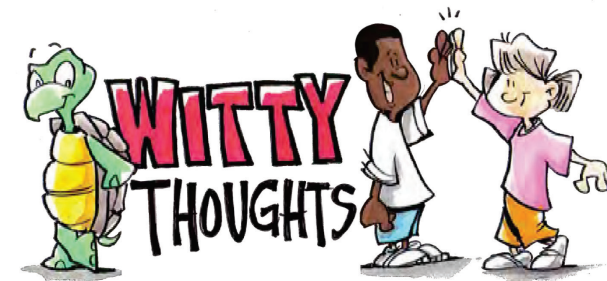
#2. Dark clouds ahead

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





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

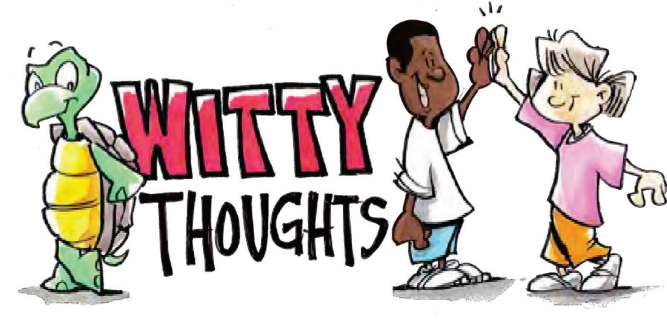
#2. What you do is what you get

#3. I am: Tip the Scales





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

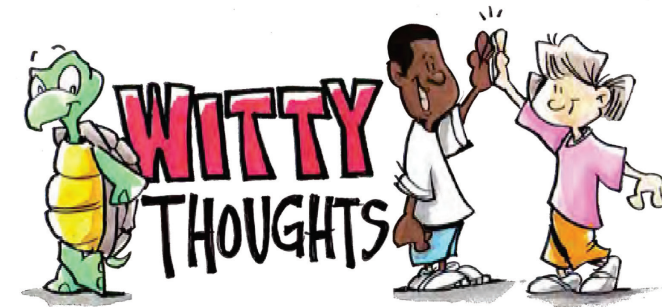
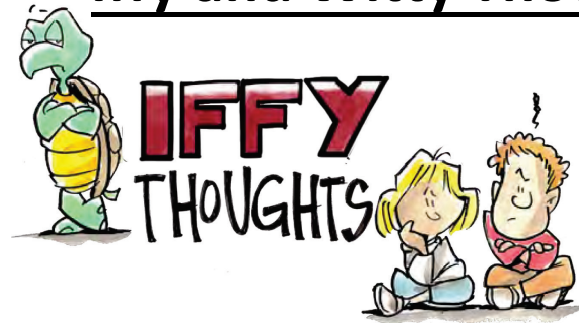
#2. You move like a snail

#3. I am: Lumping Everyone Together





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

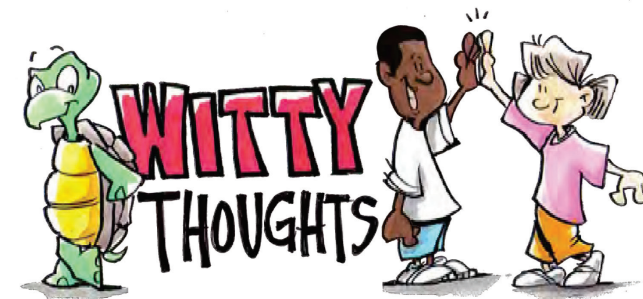
#2. We all have a part in it

#3. I am: It Takes Two to Tango





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

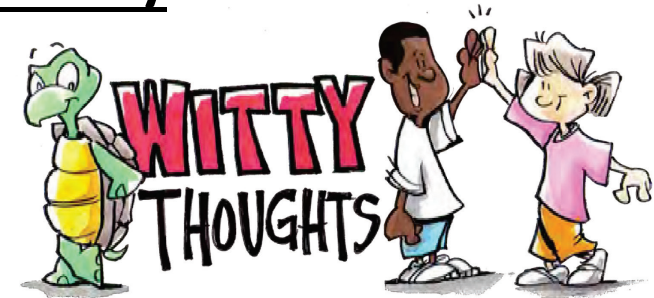
#2. I know what you're thinking

#3. I am: Read Someone Like a Book





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Witty Thought

## Clue #2

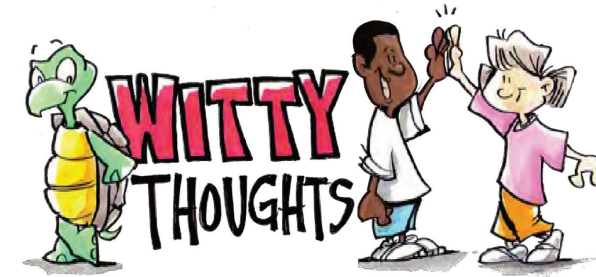
#2. I accept credit

#3. I am: Earn Brownie Points





# Iffy and Witty Thoughts: Homework 17 Answer Key



## Clue #1

#1. Iffy Thought

## Clue #2

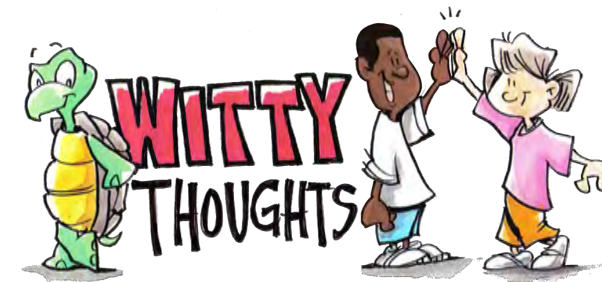
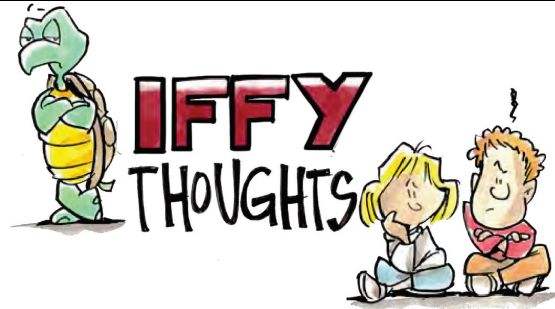
#2. If something goes wrong, all eyes are on me

#3. I am: Left Holding the Bag

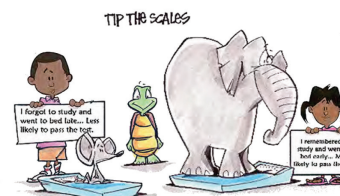
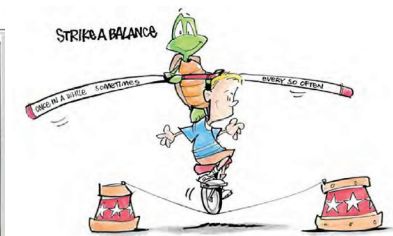
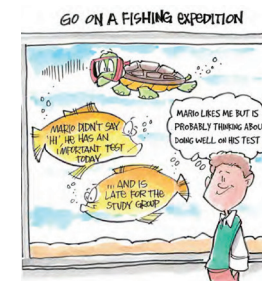




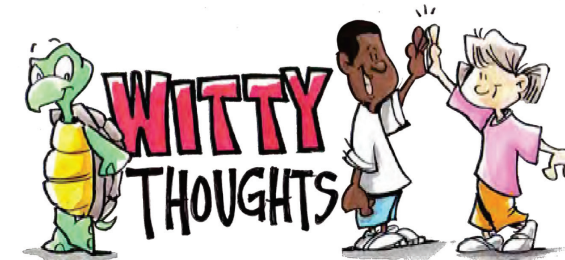
# Even More Iffy and Witty Thoughts Homework 18 Answer Key



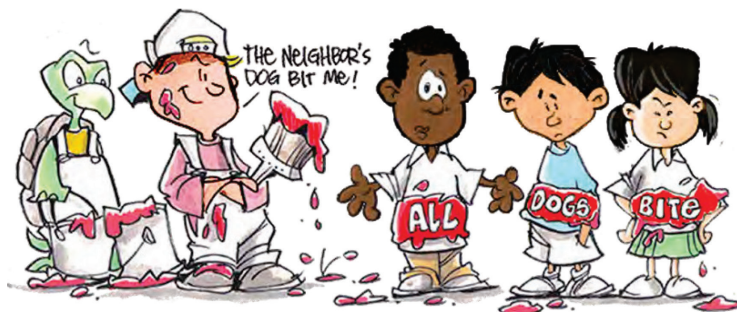
Example: It Takes Two to Tango



# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



Paint Everyone With The Same Brush



Go On a Fishing Expedition

cut Someone Some Slack



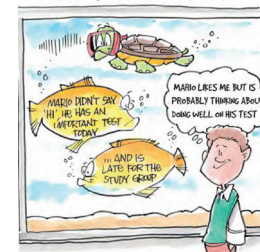
IT TAKES TWO TO TANGO



PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIP A BALANCE



Earn Brownie Points



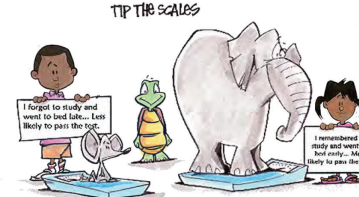
BURNING QUESTIONS



COLLECT ONE'S THOUGHTS



TIP THE SCALES

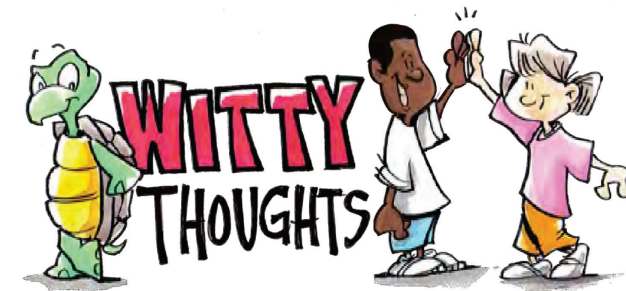


come To one's Senses

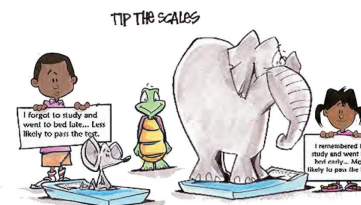
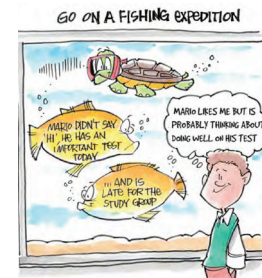




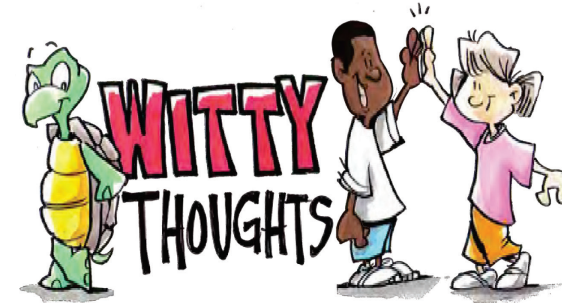
## Even More Iffy and Witty Thoughts: Homework 18 Answer Key



## Collect One's Thoughts



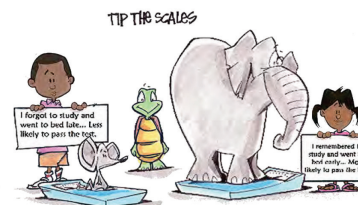
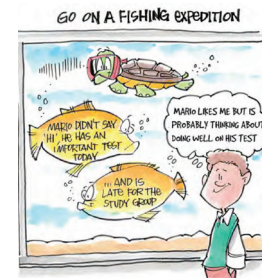
## Even More Iffy and Witty Thoughts: Homework 18 Answer Key



## Play Down

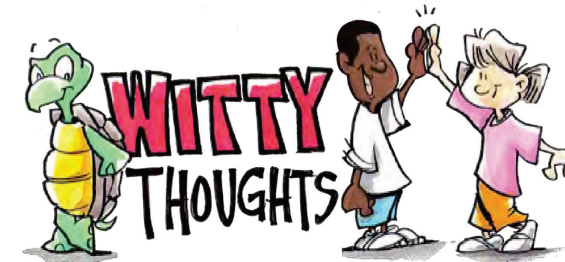
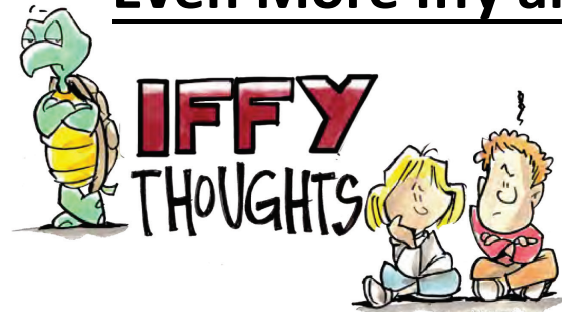


## Come to One's Senses





# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



on Someone's Back



Cut Someone Some Slack

cut Someone Some Slack



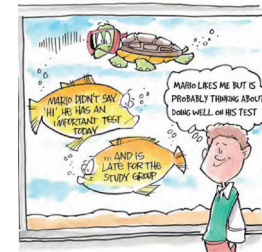
IT TAKES TWO TO TANGO



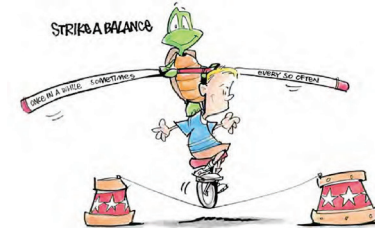
PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



Earn Brownie Points



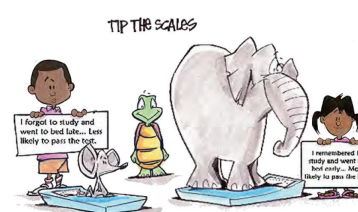
BURNING QUESTIONS



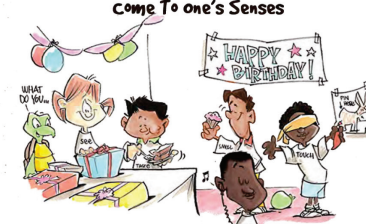
COLLECT ONE'S THOUGHTS



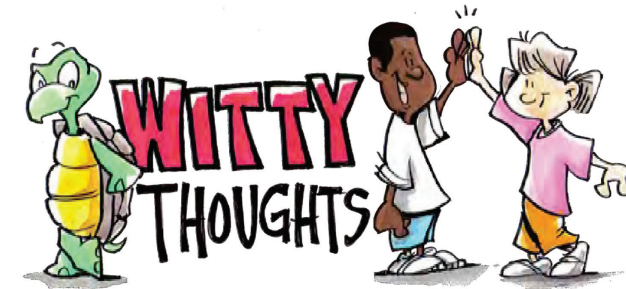
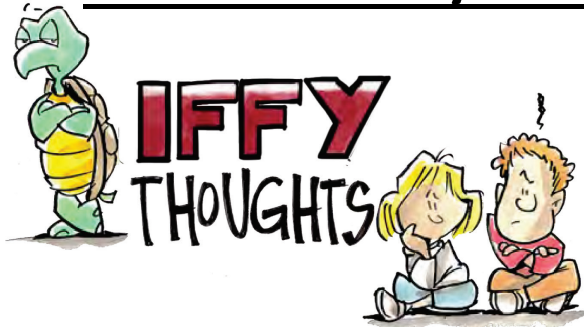
TIP THE SCALES



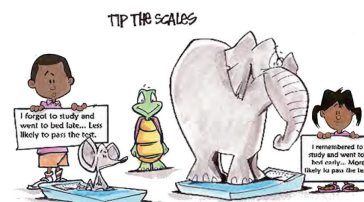
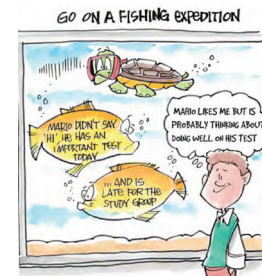
come To one's Senses



# Even More Iffy and Witty Thoughts: Homework 18 Answer Key

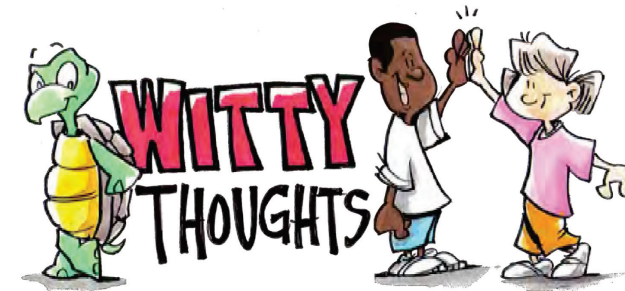


Tip the Scales

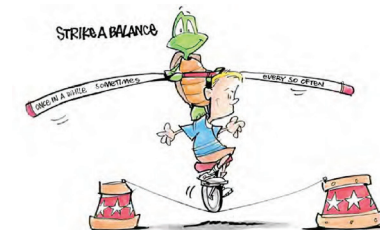
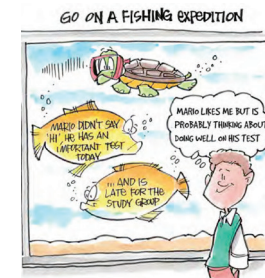




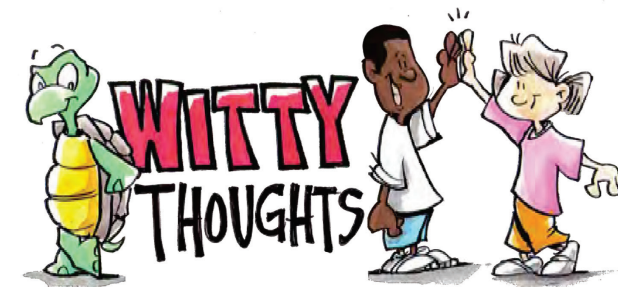
# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



Earn Brownie Points



# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



Play Up



Come to One's Senses

Cut Someone Some Slack



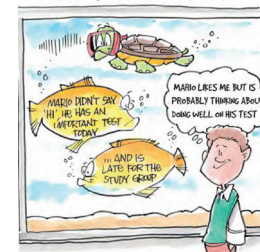
IT TAKES TWO TO TANGO



PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



Earn Brownie Points



BURNING QUESTIONS



COLLECT ONE'S THOUGHTS



TIP THE SCALES

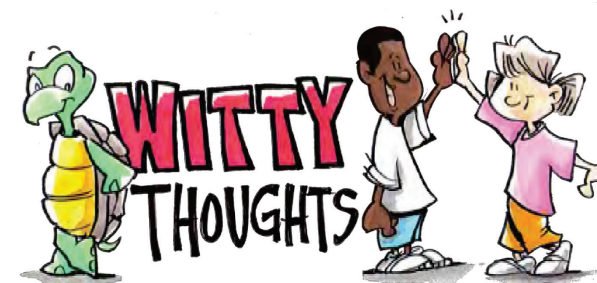


Come To one's Senses

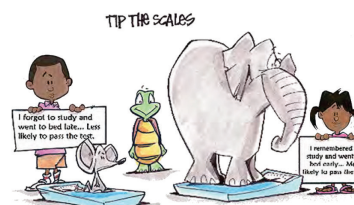
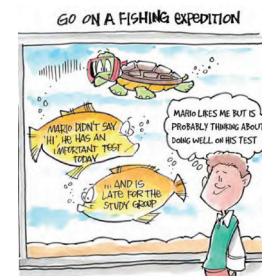




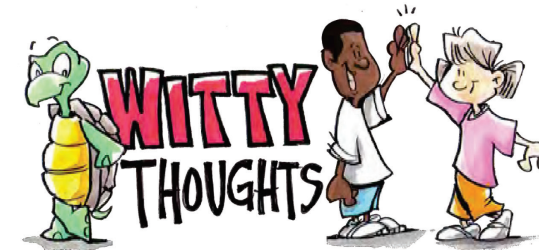
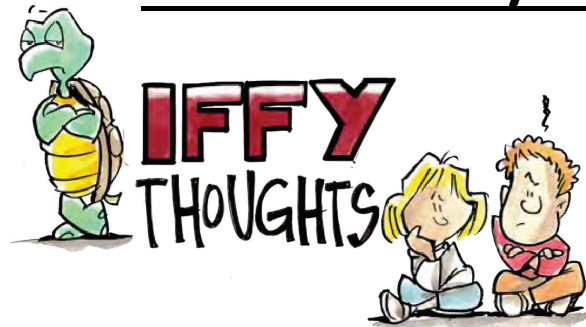
# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



Come to One's Senses



# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



## Lumping Everyone Together



## Burning Questions

### Cut Someone Some Slack



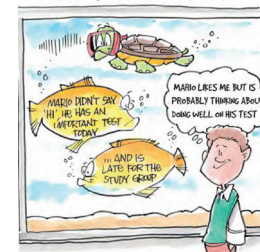
### IT TAKES TWO TO TANGO



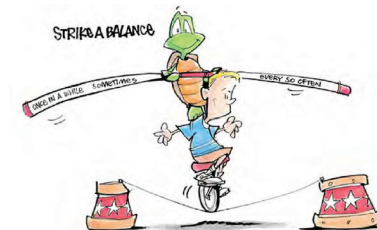
### PUT YOURSELF IN SOMEONE ELSE'S SHOES



### GO ON A FISHING EXPEDITION



### STRIKE A BALANCE



### Earn Brownie Points



### BURNING QUESTIONS



### COLLECT ONE'S THOUGHTS



### TIP THE SCALES

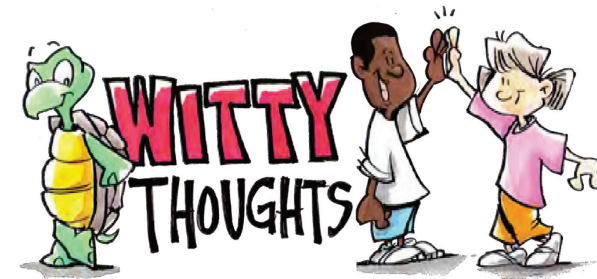


### Come To one's Senses

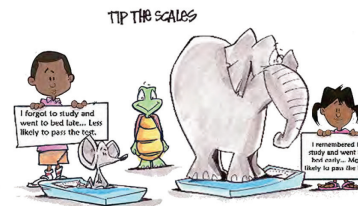
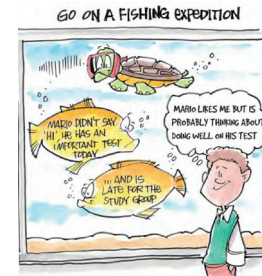




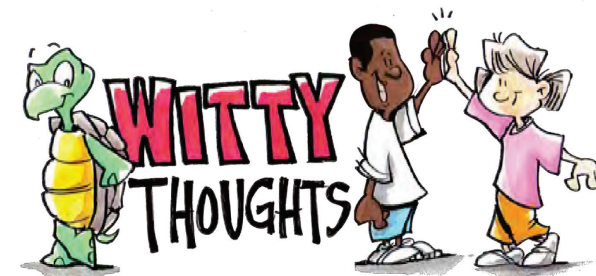
# Even More Iffy and Witty Thoughts: Homework 18 Answer Key



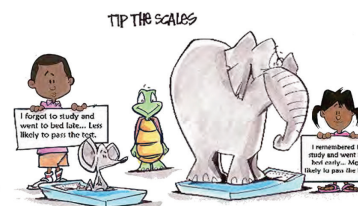
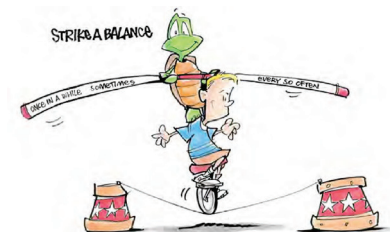
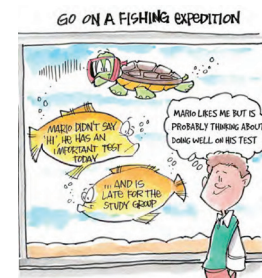
Put Yourself in Someone Else's Shoes/Come to One's Senses



# Even More Iffy and Witty Thoughts: Homework 18 Answer Key

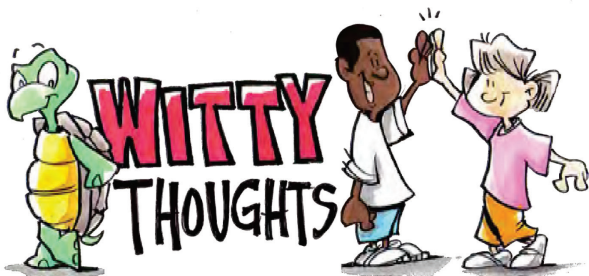


It Takes Two to Tango





Even More Iffy and Witty Thoughts: Homework 18 Answer Key



Strike a Balance

