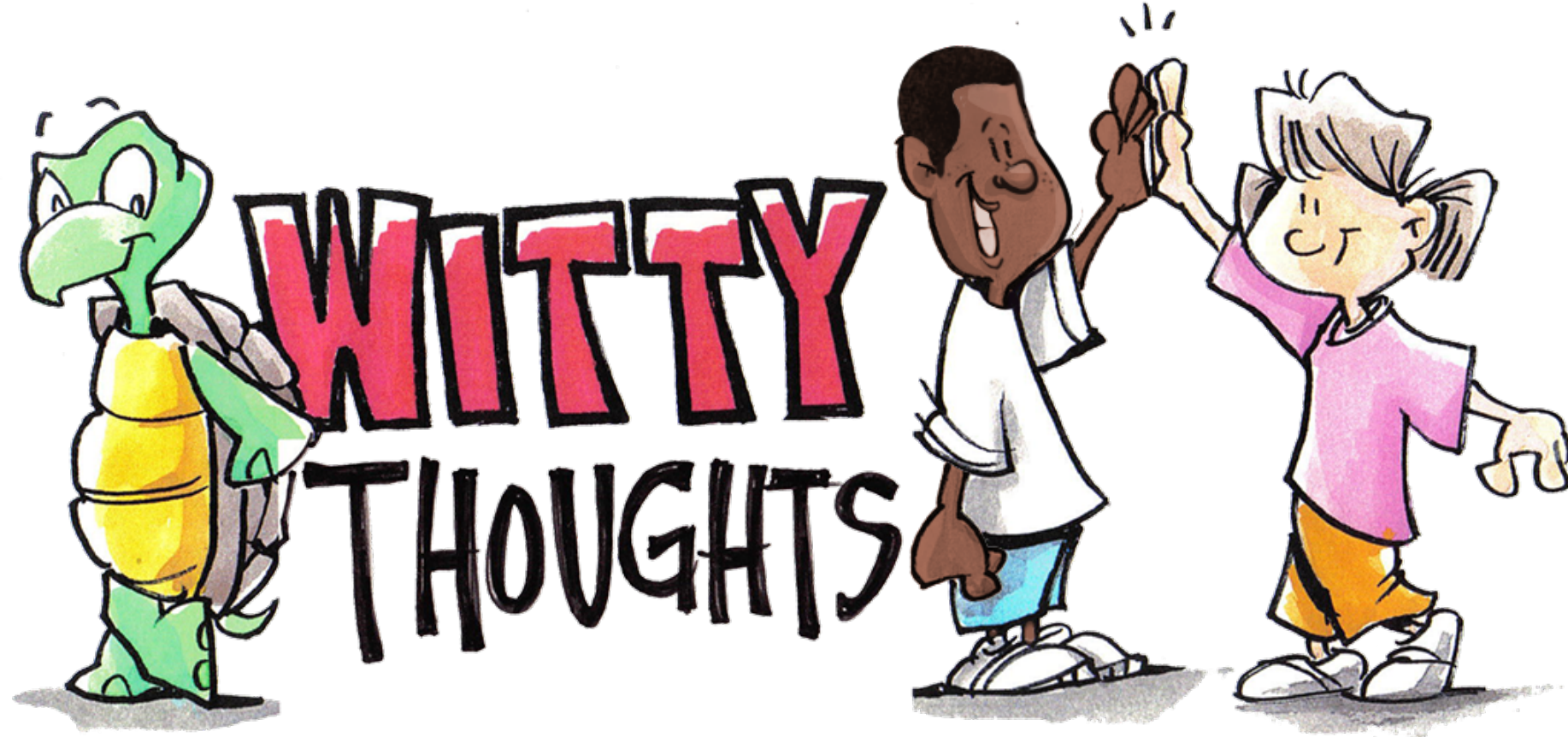


STUDENT GUIDE 2

FOR THE ON SECOND THOUGHT PROGRAM

by Teresa Busto, Psy.D Paula Busto, M.S.



Witty thoughts are more accurate, useful
ways of viewing situations.

Come To one's Senses



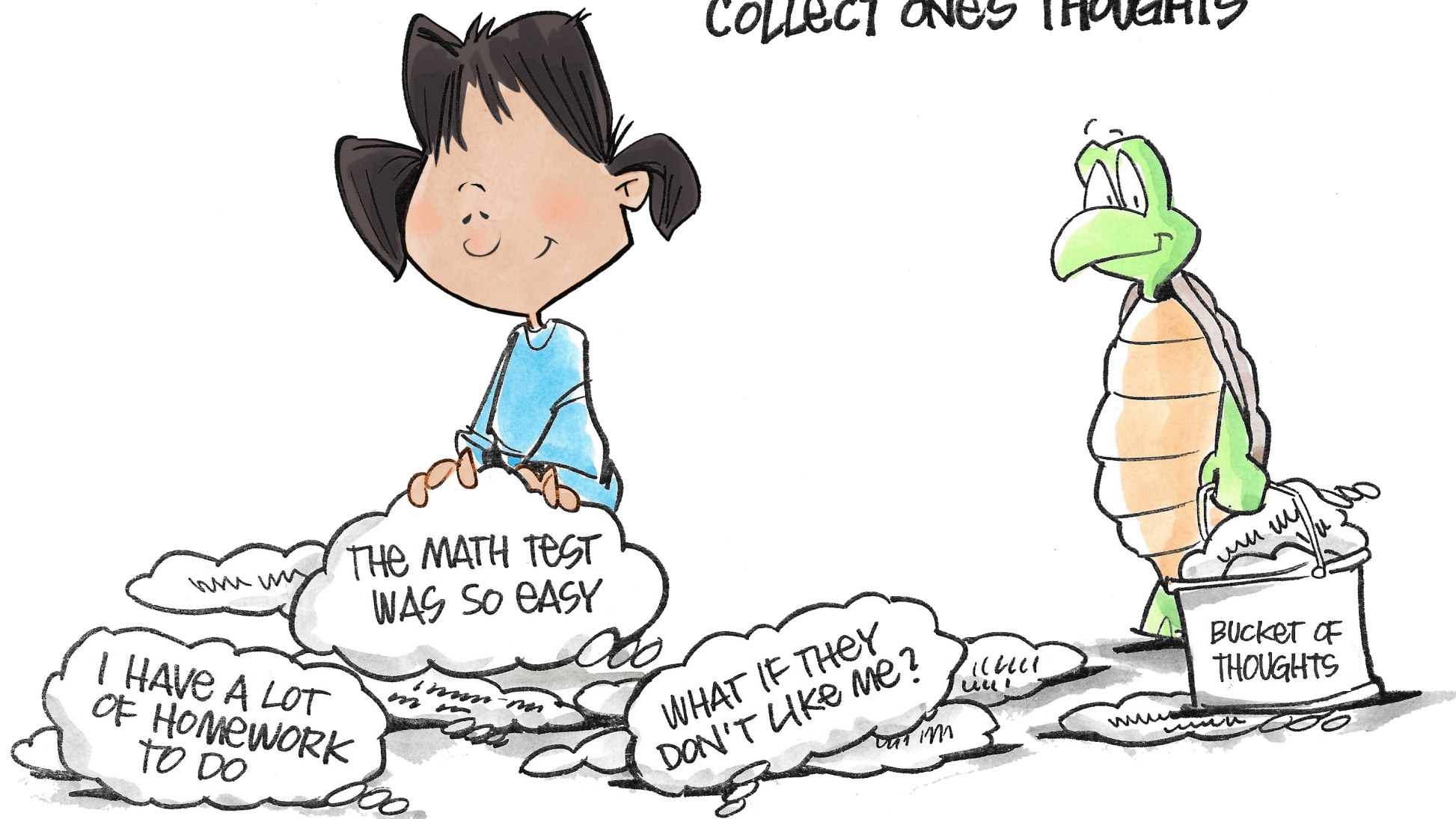
Use your senses (see, taste, smell, hear, touch) to think more clearly about a situation.

Earn Brownie Points



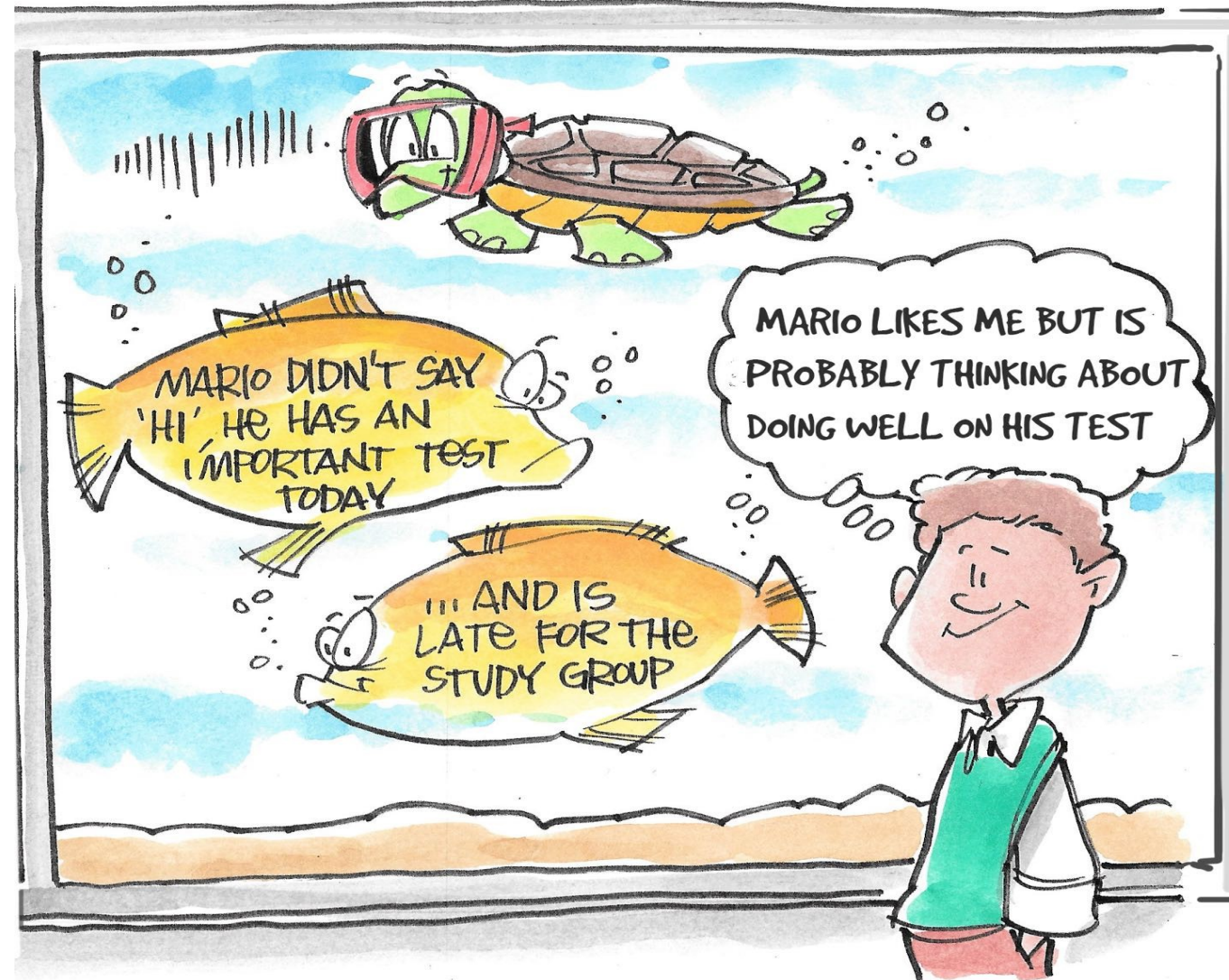
Give yourself credit for your efforts.

COLLECT ONE'S THOUGHTS



Ask yourself, "What am I thinking?"

GO ON A FISHING EXPEDITION



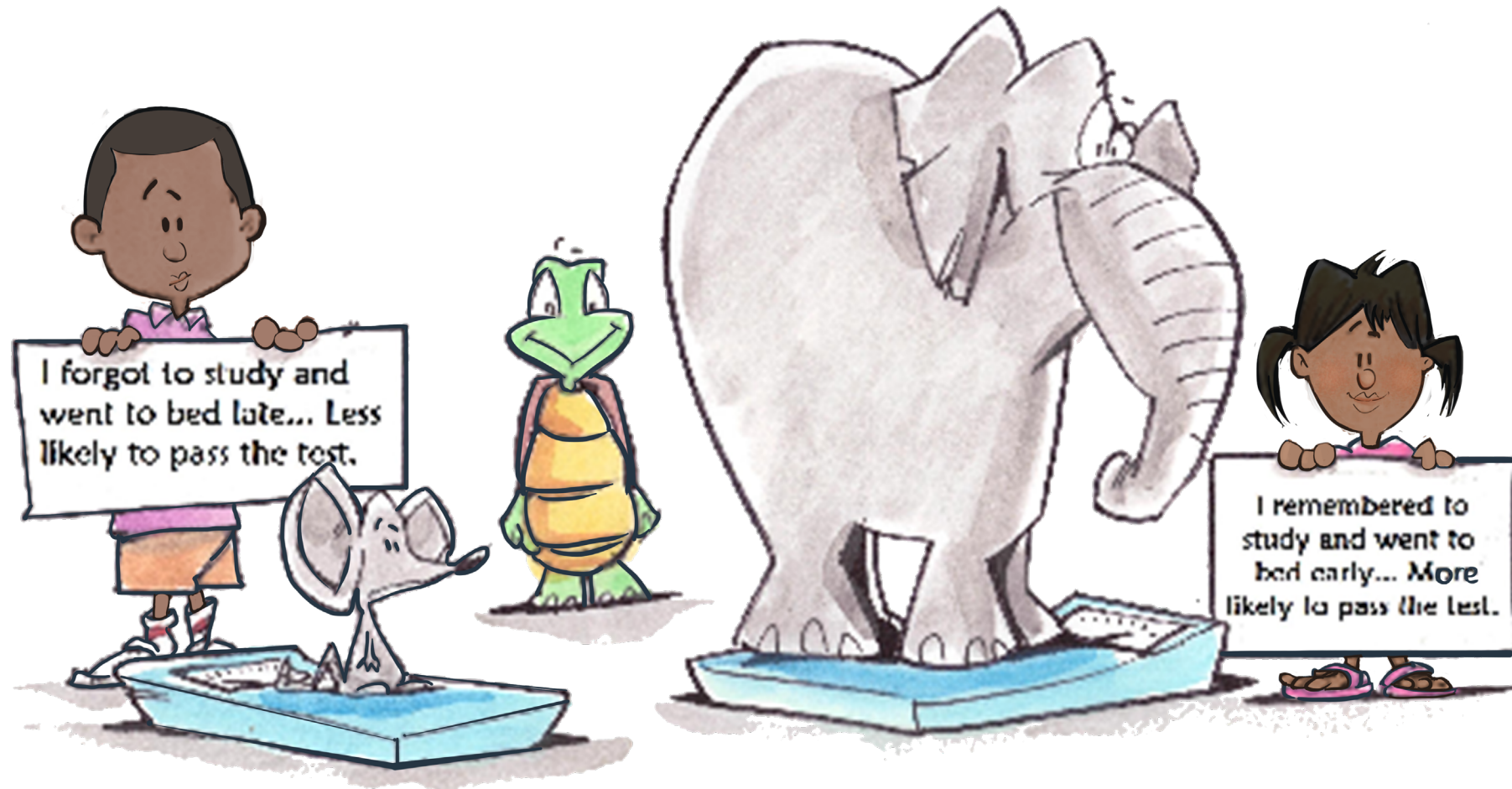
More evidence leads to wittier thinking.

PUT YOURSELF IN SOMEONE ELSE'S SHOES

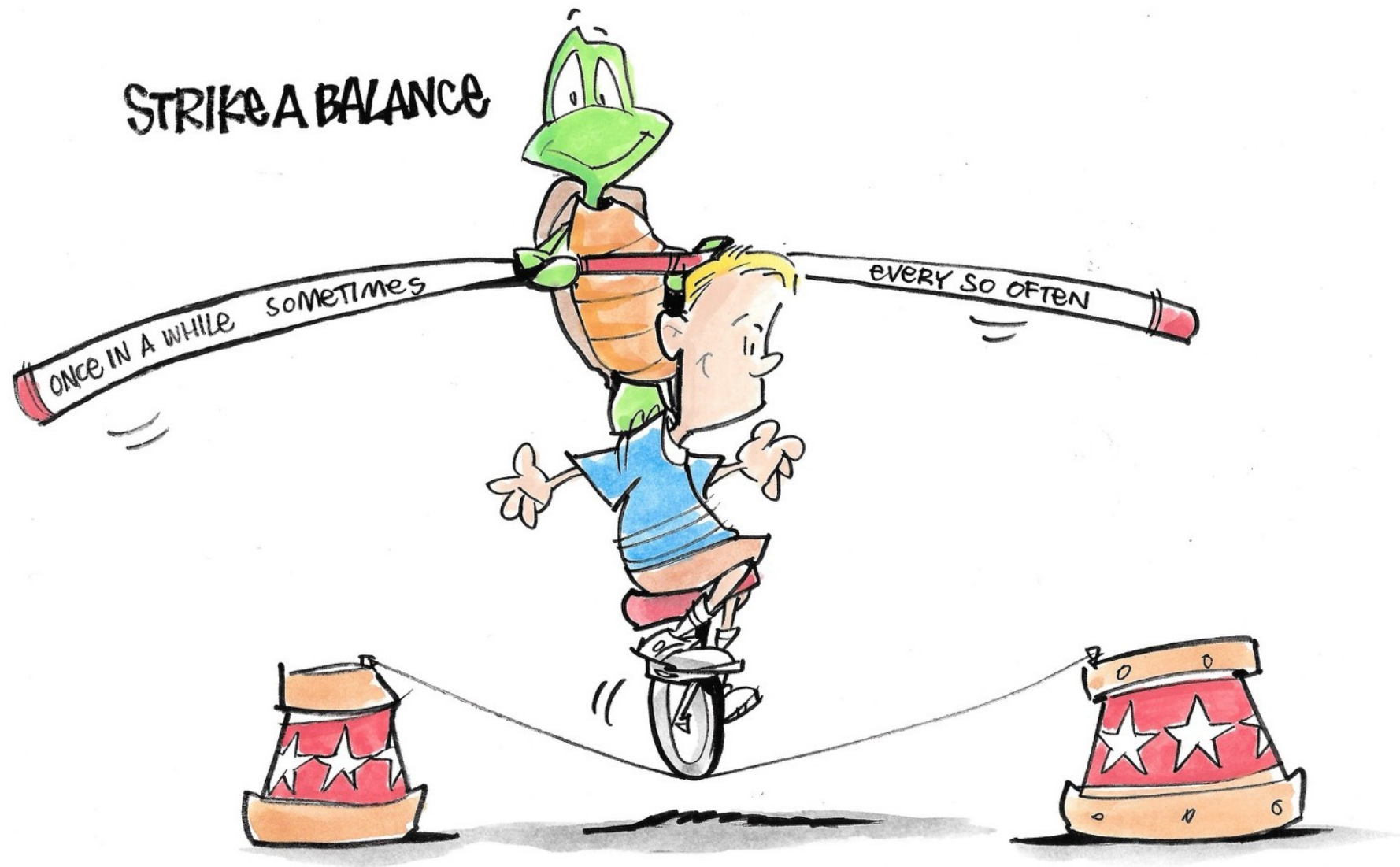


Ask yourself what someone else might think about the situation.

TIP THE SCALES



Your behavior influences the outcome.



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

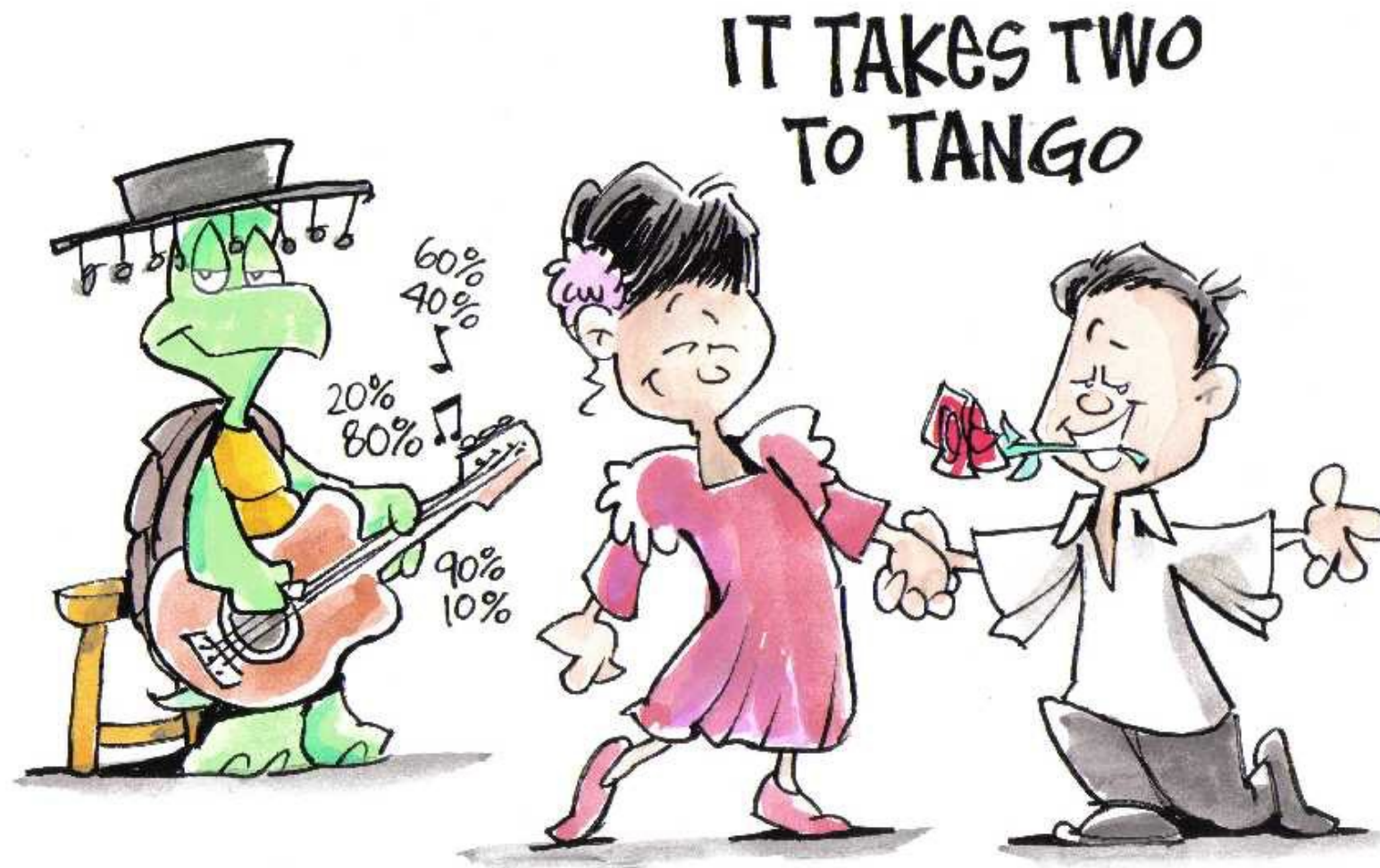
cut Someone Some Slack



Using less demanding words such as maybe and perhaps.



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



In any given situation, at least two people share the responsibility (20%/80%, 60%/40%, 90%/10%, etc.).