

STUDENT GUIDE 3 FOR THE ON SECOND THOUGHT PROGRAM

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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