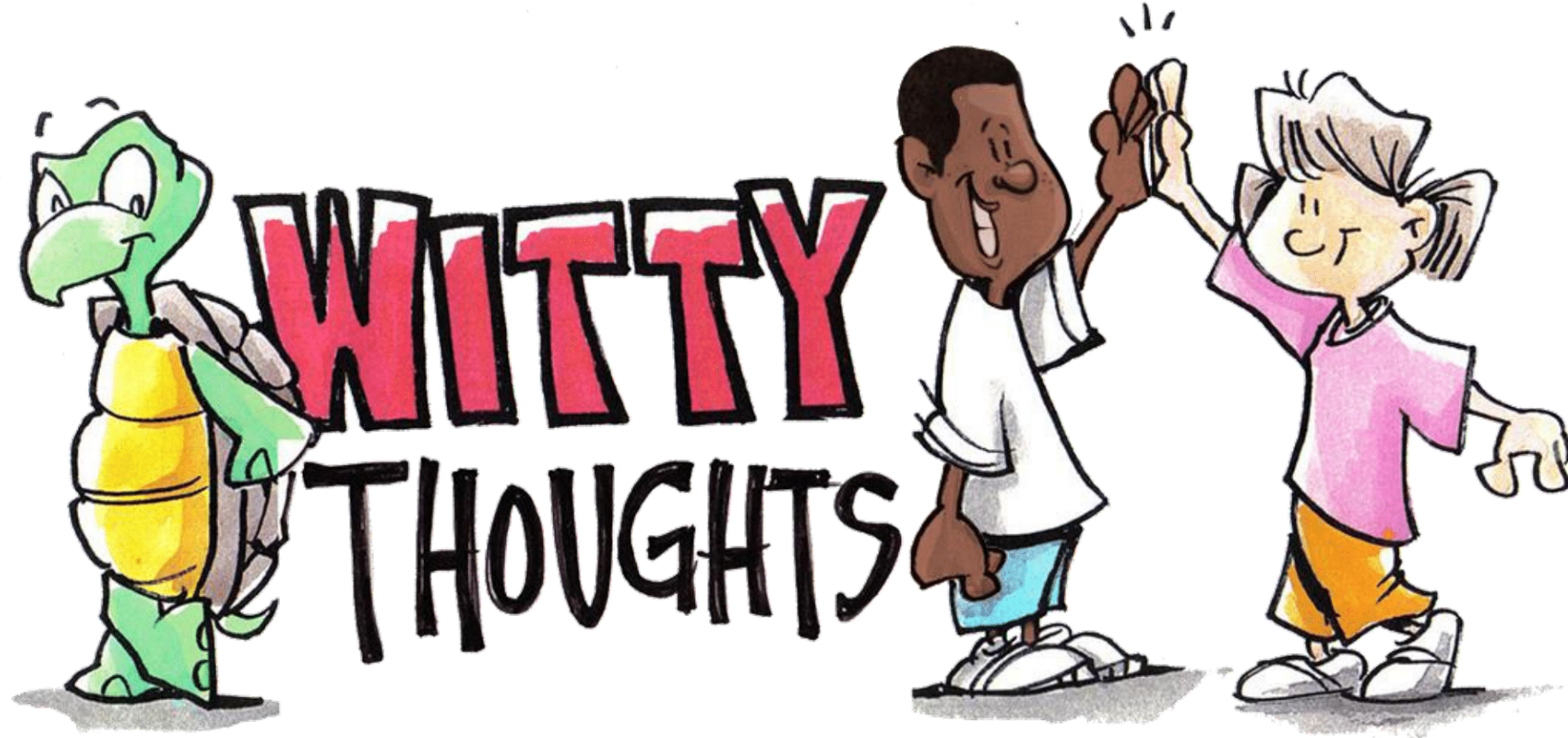


STUDENT GUIDE 2

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



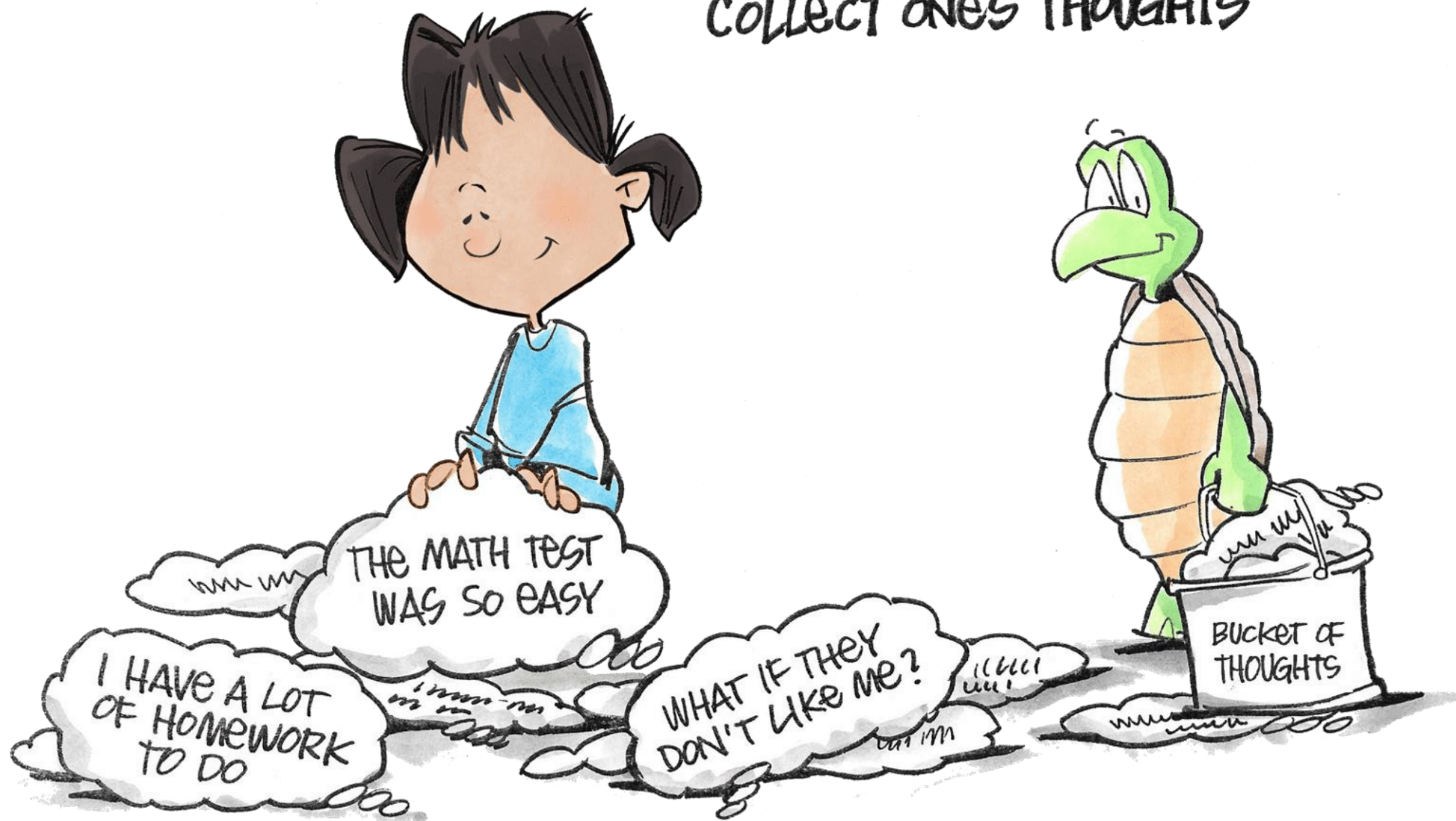
Use your senses (see, taste, smell, hear, touch) to think more clearly about a situation.

Earn Brownie Points



Give yourself credit for your efforts.

COLLECT ONE'S THOUGHTS



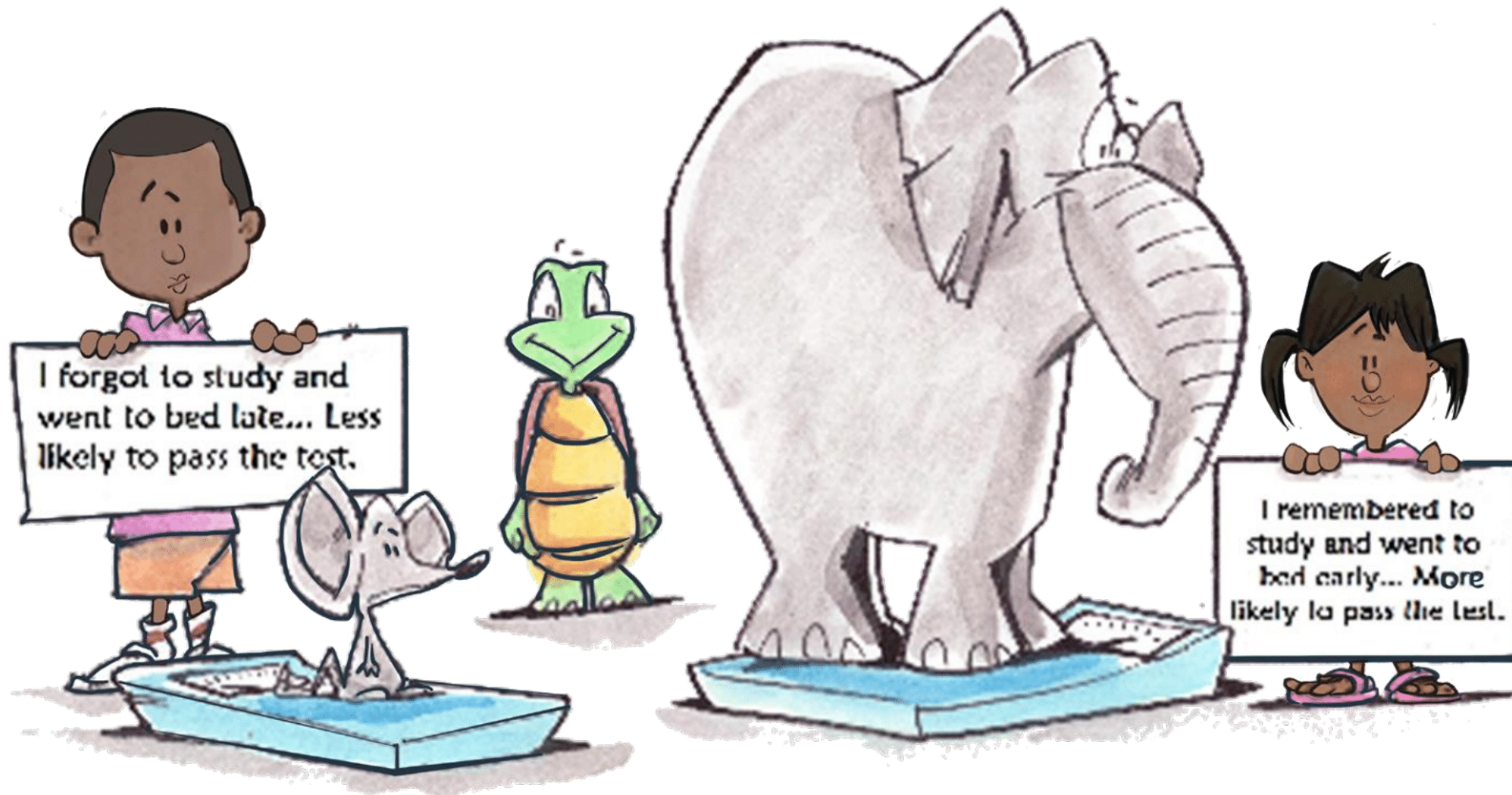
Ask yourself, "What am I thinking?"

PUT YOURSELF IN SOMEONE ELSE'S SHOES

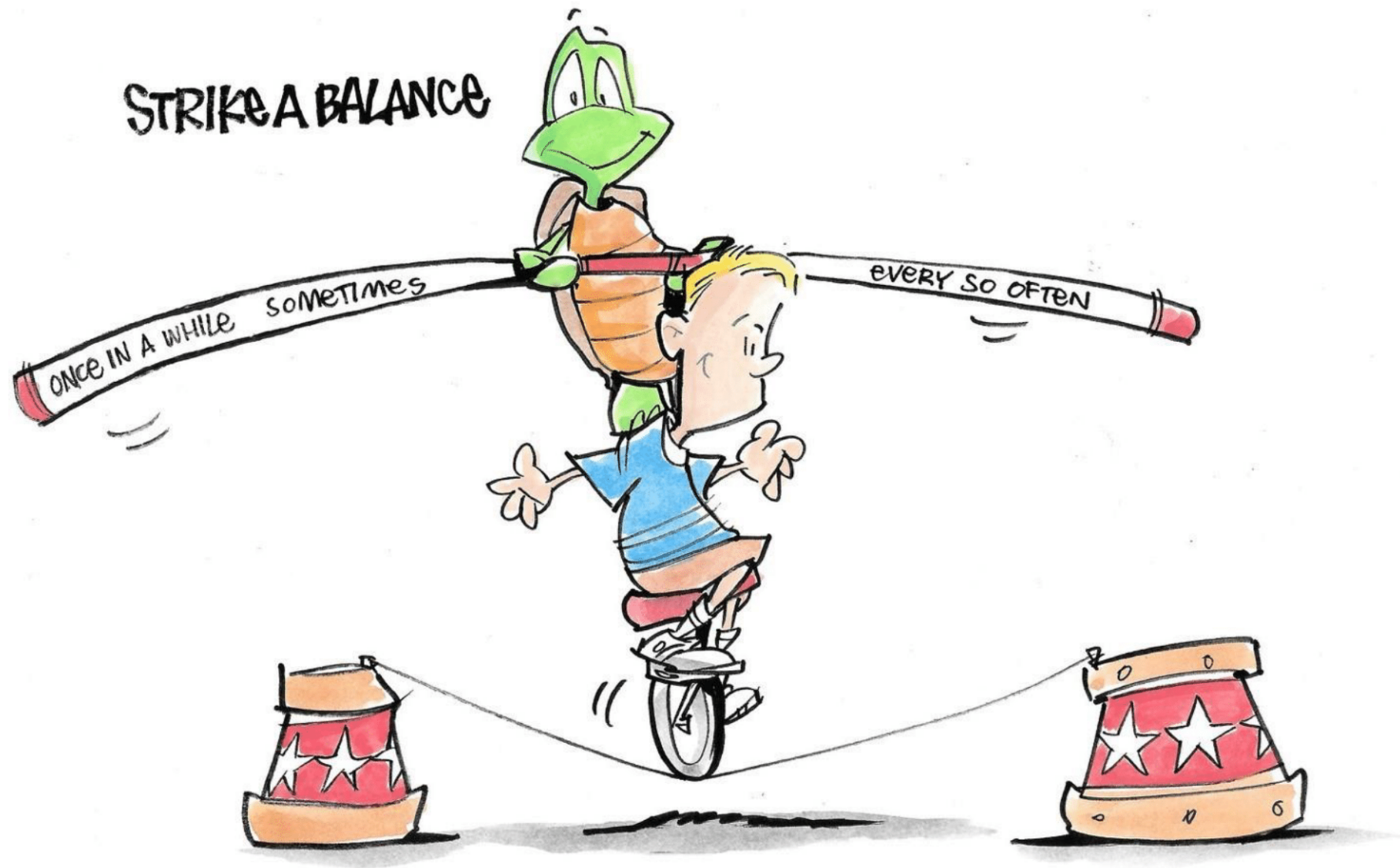


Ask yourself what someone else might think about the situation.

TIP THE SCALES



Give thought to how your actions can influence the outcome.



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

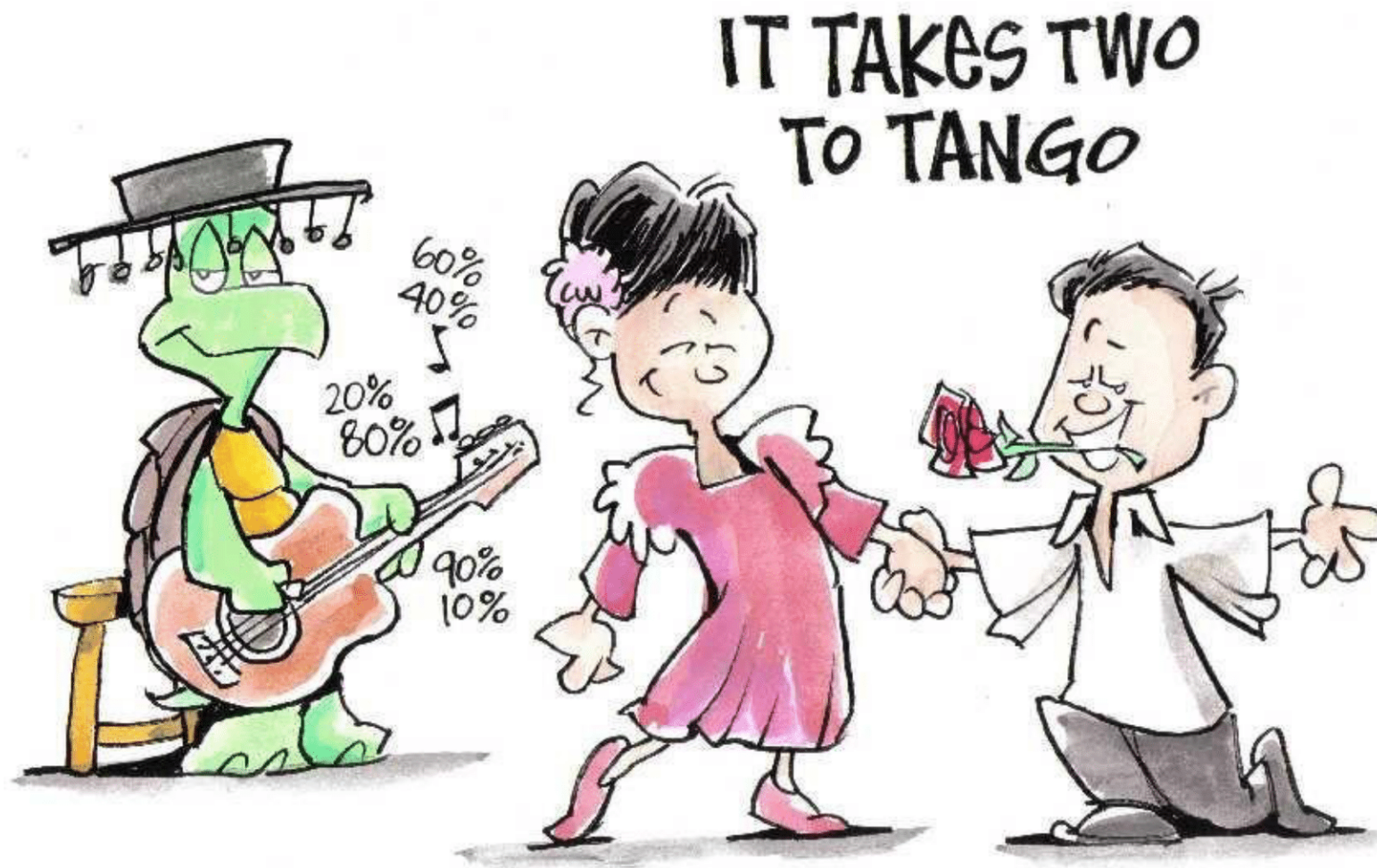
cut Someone Some Slack



Using less demanding words such as maybe and perhaps.



Give thought to 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.).