

# **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

Give thought to 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.

Give thought to how your actions can influence the outcome .

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

Keep in mind that more evidence leads to wittier thinking .

Give thought to 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