

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

Thinking that your problem is worse than it really is

Thinking that your achievements aren't a big deal

Constantly repeating a negative thought

Thinking is based on negative feelings.

With little information, you assume you know what others think of you.

With little information, you assume you know what others think of you.

Using demanding words on yourself or others.

Explaining away your positive experiences.

Thinking the outcome will be negative.

Thinking with extreme words.

Witty thoughts

Think about how your actions affect your outcome.

Use kinder words with yourself and others.

Use less demanding words and be open to other perspectives.

More evidence leads to wider thinking.

Ask yourself, 'What am I thinking?'

Think about how your actions affect your outcome.

Ask (rather than assume) what someone else may be thinking.

In any given situation let's see the bigger picture rather than use sharper responsibility

Give yourself credit for your efforts.

Guess which one?

Strike A Balance

Twist Someone's Words

Pass The Buck

One Track Mind

Lumping Everyone Like A Book

Left Holding The Bag

Jump Off The Deep End

On Someone's Back

The Handwiting On The Wall

Tip The Scales

Go On A Fishing Expedition

Cut Someone Some Slack

Collect One's Thoughts

Burning Questions

Paint Everyone With The Same Brush

Strake A Balance

Jump Off The Deep End

Collect One's Thoughts

Da 180 Tip The Scales

Paint Everyone With The Same Brush