

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Emotional Control

T L C N V I H J H S F W Q T X G U N M K D N U S  
T P P O T S U K S J U L F S P E F L L L K V T W  
Q W C T N E V E G N I T A V I T C A M N D C Q H  
T D M C Q J C Z M B O A G K L T X Y S Q A M O P  
Z P N E O D O C G I X I H J O U A N Z F C P B G  
R A X N U S G J Y Y X J T E O L N B S O O A C J  
O J Q K I H N O M W V S D O R T W J Z P X B H K  
A K H N W Y I P M F M D J R M G W I Y I X Z M Z  
P D W I X Y T P M T C B W R Y E Z Y J N Q L W M  
E L C E Q L I O O S R N B Q D I M S S I U T Y S  
R G L D R B V S Q F R X M U T I K G U O E C E L  
S U O I I N E I K E S P J T P B N S C N L W I K  
P R J L R R D T N I I C U W K I O B T S J C R O  
E A N S B Q I E D L E E X N L Q O U Z C O I E R  
C V V F A A S A L E V F C E G V C E L F C X H M  
T V K F F J T C O B I S E P N U D I X O T F P Y  
I H A Q K U O T B V D F Q F I V W T Q Z G R L N  
V H E Y H B R I J U E B Y S M X W P Z V M O L A  
E F M P D B T O K J N R V L A T C O B Z G I W B  
O D I T S T I N G E C Z W G R S V N W O D V C F  
D Y W C U R O M L L E H C N F K O Y X P G A H U  
I W S E N W N U C D V Z U K E O S Q N X L H K O  
B O P N M M S H O N M U Q S R D Z C W A Z E R H  
D Q L B P U F H P T A C O L F C D P G P A B H O

Cognitive Distortions  
Perspective  
Feelings  
Emotions  
STOPP

Activating Event  
Reframing  
Behavior  
Beliefs  
Help

Opposite Action  
Opinions  
Evidence  
Facts  
TACO