

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

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

# Phase 3 Week 1

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

- |                       |                    |               |               |
|-----------------------|--------------------|---------------|---------------|
| Cognitive distortions | Defense mechanisms | Coping skills | Authoritarian |
| Authoritative         | Disorganized       | Core skills   | Preoccupied   |
| Confidence            | Persecutor         | Lost child    | Uninvolved    |
| Permissive            | Scapegoat          | Placater      | Avoidant      |
| Rescuer               | Enabler            | Victim        | Martyr        |
| Mascot                | Secure             | Hero          | EQ            |