

Name: _____ Date: _____

RBT Study Guide

1. RCEAMA VIEW _____
2. OSLGA _____
3. AOSNSPMTUIS _____
4. ITEM UTO _____
5. OYU SITNK _____
6. I SKTIN _____
7. IVCBOJEET _____
8. SNPOCIEETXTA _____
9. ENSCUQSCNEOE _____
10. WSNTA _____
11. PRPOEAPRANTII _____
12. ERORR _____
13. HOSHUGTT _____
14. EFELNIG _____
15. ARFSE _____
16. OPIEVITS NHKITIGN _____
17. IAFEANLLALIB _____
18. ITELARY _____
19. MANBY YPBMA _____
20. TORLRIANA _____
21. KGITINHN EORRR _____
22. TEGAENIV ITGHNNKI _____
23. YFIRA LATE _____
24. ENED _____
25. EPETITCAOXSN _____
26. AIOISNTUT _____
27. ODSOADMY _____
28. PIATPERORAP _____

29. IFLEBSE

30. ARVOEHBI

Word Bank

camera view

expectations

behavior

positive thinking

namby pamby

fairy tale

consequences

situation

doomsday

assumptions

appropriate

negative thinking

time out

inappropriate

irrational

infallible

error

you stink

need

objective

I stink

thinking error

reality

wants

goals

expectations

feeling

beliefs

safer

thoughts