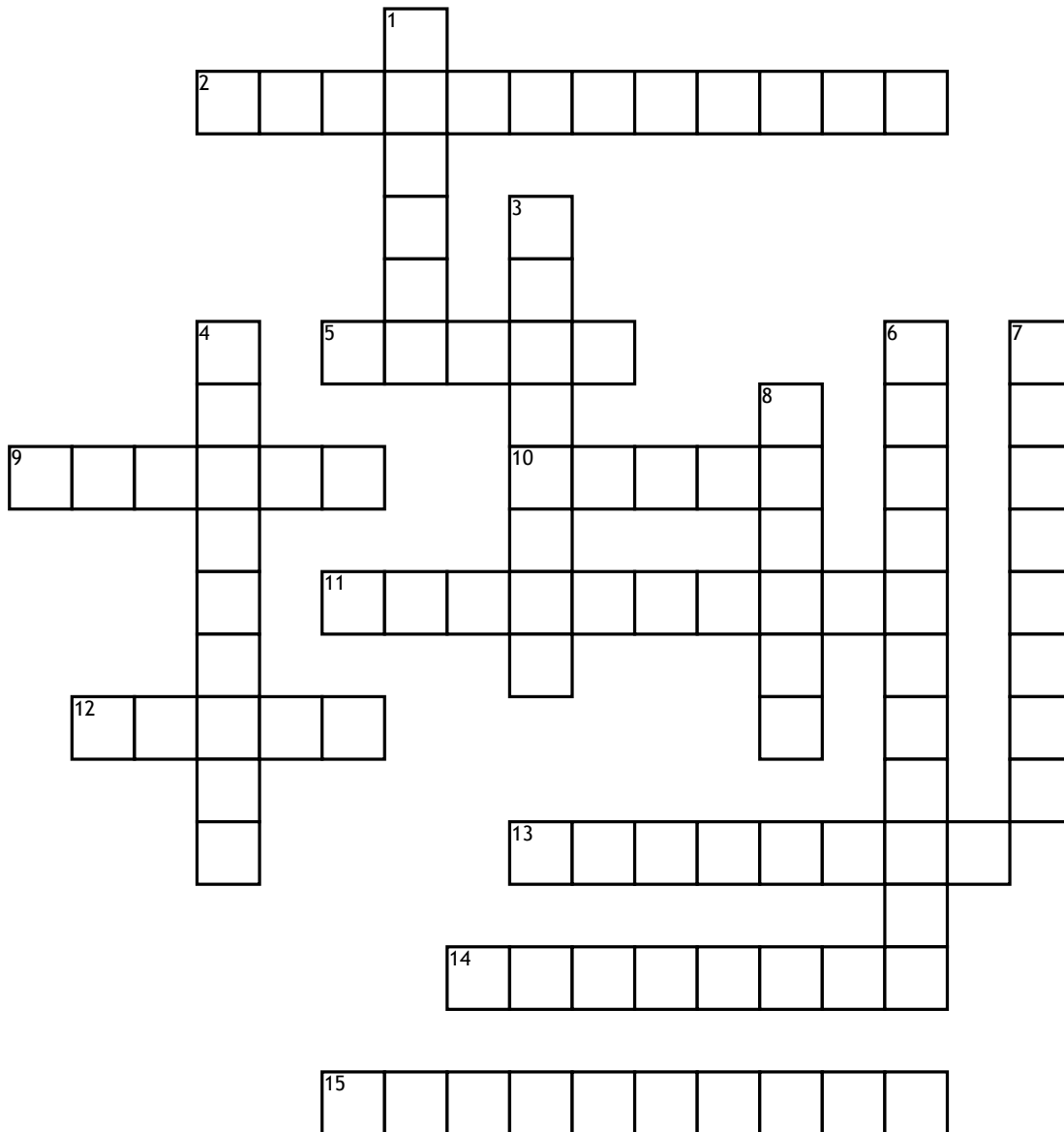


Rational Behavior Training



Across

2. The last part of the Thinking Report
5. □□□□□ Tests for Rational thoughts
9. A dislike of yourself
10. Test of wants and needs
11. Not mistaken, always right, never wrong

12. Positive changes you want to make in your life
13. Putting down others
14. The way we think and feel about something or someone
15. Can't stand difficult things

Down

1. Something you think is true

3. Its the end of the world
4. This shouldn't happen to me
6. Results of an action - good or bad
7. Thinking that is helpful and helps you meet your goals
8. Somone else controls you