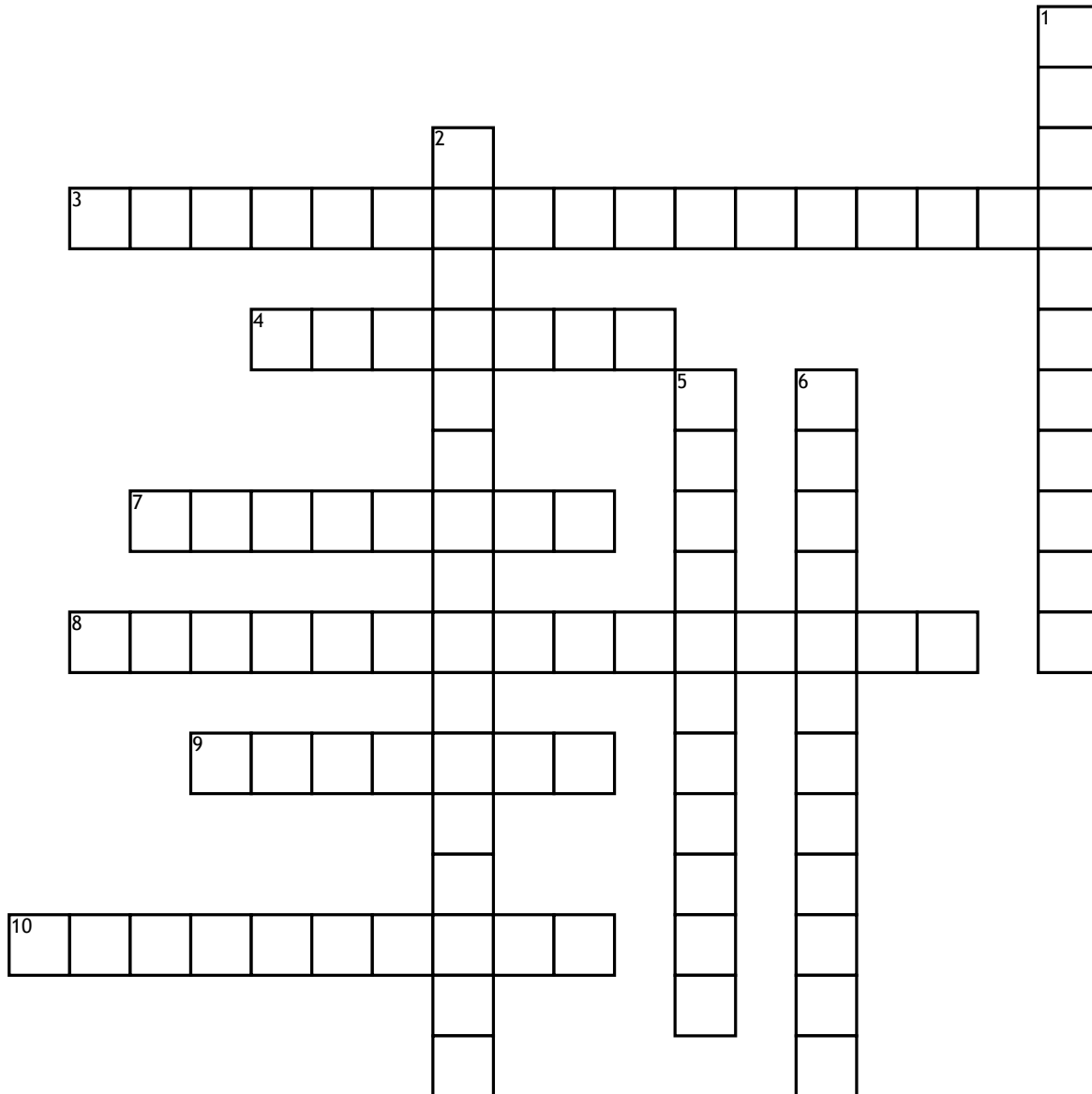


Rational Thinking



Across

3. Make sure your beliefs and thoughts are rational.
4. Your thoughts, belief and attitudes about the Activating Event
7. Shapes your beliefs, thoughts and attitudes.
8. The event or situation as you saw or experienced it.
9. Holding others accountable but not yourself.

10. Thinking only bad things will happen.

Down

1. Allows you to clearly and accurately describe a situation
2. What is the name of the Interactive Journal
5. Purposefully using words or phrases to put others down.
6. Then outcome including how you felt and acted.