

Name: _____

RATIONAL THINKING

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

RHETORICAL QUESTIONS
SHORT TERM GOALS
LONG TERM GOALS
HE STATEMENTS
AWFULIZING
CONFLICT
HAVE TO
HEALTH

IRRATIONAL THINKING
ACTIVATING EVENT
THINKING ERRORS
LOADED WORDS
EDUCATION
REALITY
I CAN'T
SHOULD

STATEMENTS OF FACTS
SELF COUNSELING
SHE STATEMENTS
CONSEQUENCES
AWARENESS
BLAMING
BELIEFS
MUST

RATIONAL THINKING
SUBSTANCE ABUSE
IT STATEMENTS
PROTECTION
ABSOLUTES
NEED TO
HABITS
RSA