

Name: _____

Date: _____

Reality Check

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

positive thinking

responsibility

disappointment

loneliness

alienation

new habits

old habits

conflict

sadness

reality

change

lost