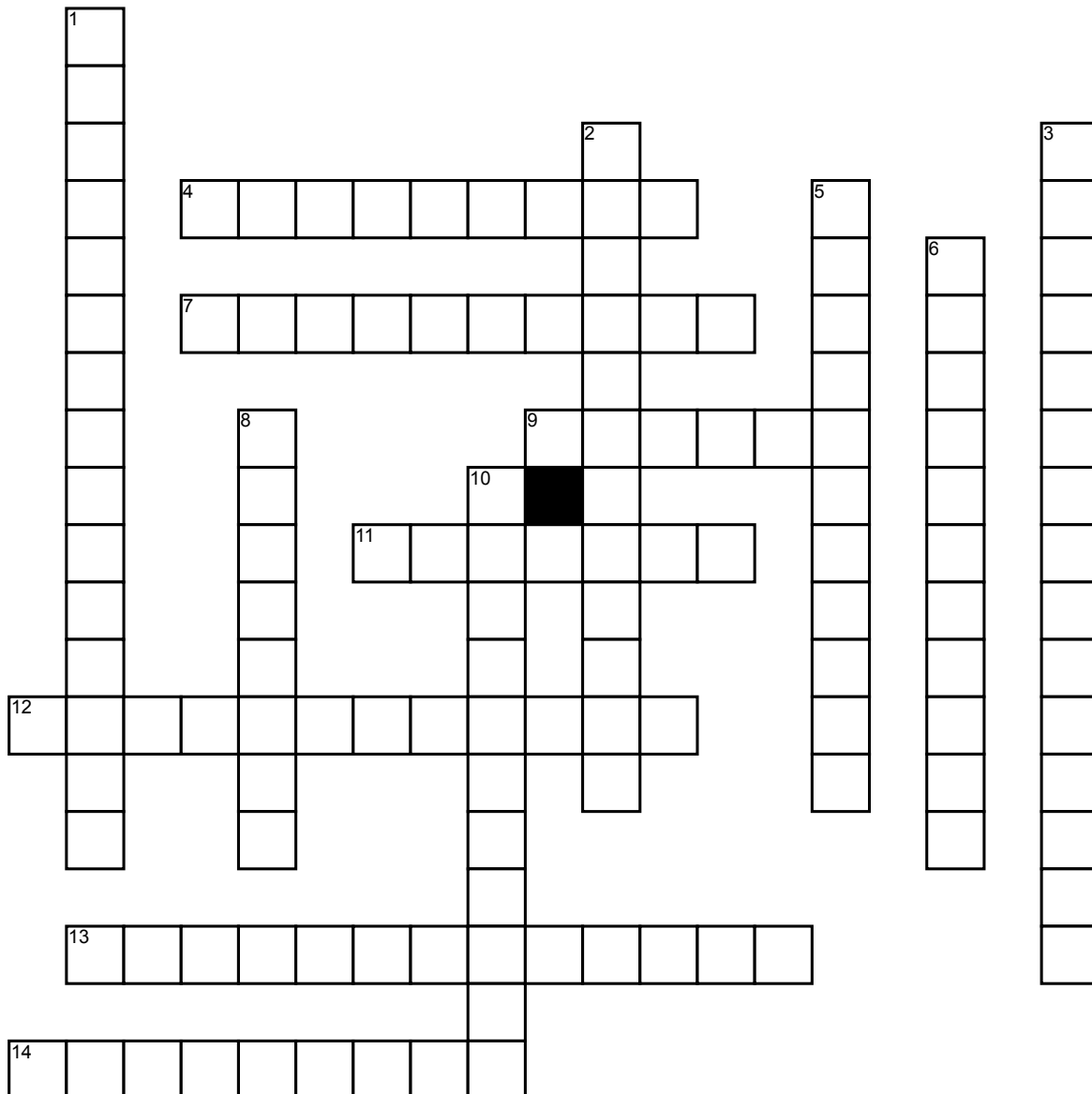


Sabotaging Patterns of Thinking



Across

4. No close friendships are formed because one senses that others cannot be trusted

7. When an individual feels entitled and "above" the rules that apply to others

9. Convincing oneself that something is either true or false when it is in fact the opposite

11. Routine, straight, or law-abiding activities increases the desire for high-excitement

12. "I can NEVER do anything right, so why do I even try?"

13. overly high expectations of self and other people's behavior

14. changing the subject or using humor to avoid a problem

Down

1. never do today what can be put off until tomorrow

2. doing something with the intent of making another individual happy when you would rather do something else

3. Making mountains out of molehills

5. Acting without thinking about any consequences

6. believing that one is owed something without regard to effort and work on behalf of that individual

8. leaving out important parts of a story or incident

10. Describing things in such vivid detail that one relives the the thrill of the old behavior