|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Thoughts, Feelings, and Behaviors

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

   stinkingthinking       behavior       blackandwhite       blaming       catastrophizing       feeling       filtering       healthythoughts       jumpingtoconclusions       labeling       outsidecontrol       overgeneralize       personalize       positiveselftalk       shouldormust       thought       unhealthythoughts