



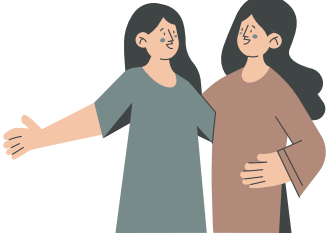



SOLUTION.

Balanced Thinking

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|--|--|
| <p>What am I thinking?</p>  | |
| <p>What evidence is there to support this thought?</p>  | |
| <p>What evidence is there to question this thought?</p>  | |
| <p>What would my best friend/parent/teacher say if they knew I was thinking this way?</p>  | |
| <p>What would I say to my best friend if he or she had this thought?</p>  | |
| <p>Am I making any thinking errors?</p>  | |