

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

jumping to conclusions
positive self talk
outside control
should or must
behavior
feeling

unhealthy thoughts
catastrophizing
overgeneralize
personalize
labeling
thought

stinking thinking
healthy thoughts
black and white
filtering
blaming