

Name: _____

Date: _____

Walking the Middle Path

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

fostering dependence
Overgeneralization
Mental Filter
too strict
Too loose
Change

Forcing independence
self-validation
invalidation
Acceptance
Dialectic

Emotional reasoning
catastrophizing
mindreading
Validation
Labeling