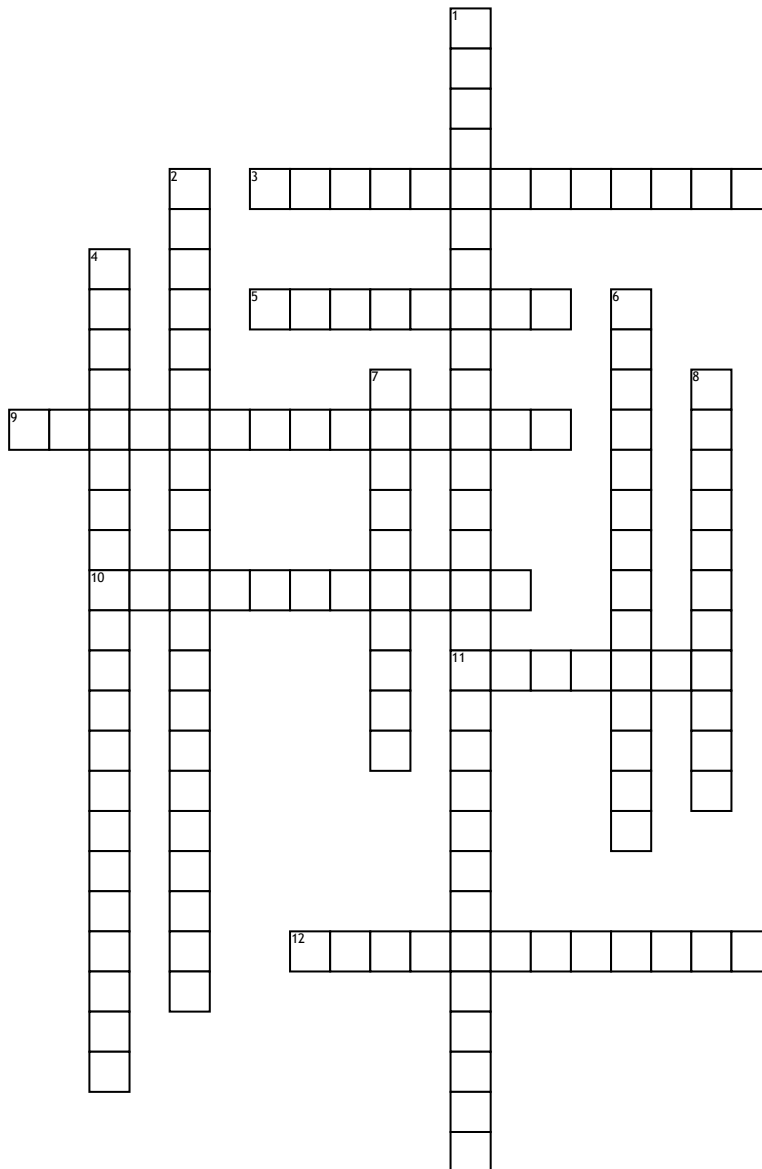


Name: _____

Date: _____

Walking the Middle Path



Across

3. If you're not perfect, you're a total loser. If you don't get everything you want, it feels like you got nothing.

5. Overgeneralization is taken a step further by the use of extreme language to describe things.

9. A way to validate others by making eye contact and staying focused

10. consequences that result in an increase in a behavior. They provide information to a person about what you want them to do.

11. I can do this AND it's going to be hard

12. You develop selective hearing and vision and only hear and see the one negative things and ignore the many positive things.

Down

1. Opposite of Making too much of typical adolescents behavior.

2. Increases the frequency of a behavior by removing something negative; it's relief from something unpleasant.

4. Increases the frequency of a behavior by providing a "rewarding" consequence

6. I have a right to feel sad

7. There is always more than one way to see a situation and more than one way to solve a problem

8. You believe you know what other people are thinking even without asking.