Which one am I?..........

Guess if the thought is annoying (yellow) or witty (green). Then you get two more guesses before taking a final guess from the blue boxes.

Annoying ideas

Witty Ideas

Thinking that your problem is worse than it really is.

Thinking that your achievements are not big deal.

Believing that someone is thinking negatively about you

Using d... words ... and...

A... ...elf, ... I

Your behavior influences the outcome.

Ask yourself the questions, who, what, when and where to determine why

Thinking over and over about a negative thought.

Denying yourself praise from others.

What you... is who ... you are.

... senses ...k more ...about a ...uation.

In any given situation, at least two people share responsibility.

Instead of thinking in extreme words, use in between words

Thinking is based

Thinking the

Passing the

...ing less

More evidence

Ask yourself what ... would ...he

If i... y... con...

...lf ...our

First I pick if I think it is going to be an Annoying Idea, or a Witty Idea.

Play Up Something

Earn Brownie Points

Guess which one?

Strike A Balance

Twist someone's words

Pass The Buck

Play Down Something

One Track Mind

Read Someone Like A Book

Lumping everyone together

Left Holding The Bag

Jump Off The Deep End

On Someone's Back

The Handwriting Is On The Wall

Do A One-Eighty

Tip The Scales

It Takes Two To Tango

Go On A Fishing Expedition

Cut Someone Some Slack

Put Yourself In Someone Else's Shoes

Collect One's Thoughts

Come To One's Senses

Burning Questions

Paint Everyone With The Same Brush

Extend Page

Which one am I?.........

INCORRECT   CORRECT

Yellow boxes:

- Thinking that your problem is worse than it really is.
- Thinking that your achievements are not big deal.
- Believing that someone is thinking negatively about you
- Using demanding words on yourself and/or others.
- Thinking over and over about a negative thought.
- Denying yourself praise from others.
- What you do is who you are.
- Thinking is based on negative feelings.
- Thinking the outcome will be negative.
- Passing the blame onto someone else.
- If it happened once you think it will continue to happen.
- Thinking with extreme words instead of in between words.
- Taking all of the blame.

Green boxes:

- Ask yourself, "What am I thinking?"
- Your behavior influences the outcome.
- Ask yourself the questions, who, what, when and where to determine why.
- Use your senses to think more clearly about a situation.
- In any given situation, at least two people share responsibility.
- Instead of thinking in extreme words, use in between words.
- Using demanding such e a ps.
- More evidence leads to wittier thinking.
- Ask yourself what someone else would think about the situation.
- Give yourself credit for your efforts.

Guess which one?

Blue boxes:

- Earn Brownie Points
- Play Up Something
- Strike A
- Twist someone's
- Pass The
- Play Down
- One Track
- Read Someone
- Lumping everyone
- Le...
- Go Expedition
- Some Slack
- Someone Else's Shoes
- Thoughts
- One's Senses
- Questions
- With The Same Brush

Next I pick a Witty Idea at random

Which one am I?.........

Annoying ideas

Witty Ideas

Thinking that your problem is worse than it really is.

Thinking that your achievements are not big deal.

Believing that someone is thinking negatively about you

Using demanding words on yourself and/or others.

Ask yourself, "What am I thinking?"

Your behavior influences the outcome.

Ask yourself the questions, who, what, when and where to determine why.

Thinking over and over about a negative thought.

Denying yourself praise from others.

What you do is who you are.

Use your senses to think more clearly about a situation.

INCORRECT

Instead of thinking in extreme words, use in between words.

Thinking is based on negative feelings.

Thinking the outcome will be negative.

Passing the blame onto someone else.

Using less demanding words such as maybe and per...

More evidence leads to wittier thinking.

Ask yourself what someone else would think about the situation.

If it happened once you think it will continue to happen.

Thinking with extreme words instead of in between words.

Taking all of the blame.

Give yourself credit for your efforts.

Earn Brownie Points

which one?

Play Up Something

Strike A

Twist someone's

Pass The

Play Down

One Track

Read Someone

Lumping everyone

Le

wo

Go On A Fishing Expedition

Some Slack

Someone Else's Shoes

Thoughts

One's Senses

Questions

With The Same Brush

Then I pick another Witty Idea at random and keep picking until I uncover the correct box.

Extend Page

Which one am I?.........

Guess if the thought is annoying (yellow) or witty (green). Then you get two more guesses before taking a final guess from the blue boxes.

Annoying

Now that I know the correct Witty Idea, I have to select it from the boxes below.

Thinking problems that...		words on yourself and/or others.	INCORRECT	INCORRECT	INCORRECT
Thinking achievements are not big deal.	Someone is thinking negatively about you				
Thinking over and over about a negative thought.	Denying yourself praise from others.	What you do is who you are.	INCORRECT	INCORRECT	INCORRECT
Thinking is based on negative feelings.	Thinking the outcome will be negative.	Passing the blame onto someone else.	INCORRECT	INCORRECT	INCORRECT
If it happened once you think it will continue to happen.	Thinking with extreme words instead of in between words.	Taking all of the blame.			CORRECT

Guess which one?

Play Up Something

Earn Brownie Points

Strike A Balance	Twist someone's words	Pass The Buck	Play Down Something	One Track Mind	Read Someone Like A Book	Lumping everyone together
Left Holding The Bag	Jump Off The Deep End	On Someone's Back	The Handwriting Is On The Wall	Do A One-Eighty	Tip The Scales	It Takes Two To Tango
Go On A Fishing Expedition	Cut Someone Some Slack	Put Yourself In Someone Else's Shoes	Collect One's Thoughts	Come To One's Senses	Burning Questions	Paint Everyone With The Same Brush

Extend Page

Which one am I?.........

Annoying

Now I move on to the next round.

Thir pro the			
Think achievements are not big deal.	Someone is thinking negatively about you	words on yourself and/or others.	INCORRECT INCORRECT INCORRECT
Thinking over and over about a negative thought.	Denying yourself praise from others.	W u do no u are.	INCORRECT INCORRECT INCORRECT
Thinking is based on negative feelings.	Thinking the outcome will negative	assing the blame onto someone else.	INCORRECT INCORRECT INCORRECT
If it happened once you think it will continue to happen.	T ex in be	Taking all of the blame.	CORRECT

CORRECT

Guess which one?

Play Up Something

Strike A Balance	Twist someone's words	Pass The Buck	Play Down Something	One Track Mind	Read Someone Like A Book	Lumping everyone together
Left Holding The Bag	Jump Off The Deep End	On Someone's Back	The Handwriting Is On The Wall	Do A One-Eighty	Tip The Scales	It Takes Two To Tango
Go On A Fishing Expedition	Cut Someone Some Slack	Put Yourself In Someone Else's Shoes	Collect One's Thoughts	Come To One's Senses	Burning Questions	Paint Everyone With The Same Brush

Extend Page