

“What are You Thinking” Team Activity

Instructions: Draw a line connecting the thought to the appropriate team member.

Reference The "What Are You Thinking?" Team

1	“Second Place is the first loser.”		“Not a Big Deal” Norman: Minimizing	A
2	“If I don’t get an A+, I’ll never get into a good college. My life is ruined!”		“Over and Over” Oliver: Overgeneralization	B
3	“I’m not going to invite anyone to my birthday party because I know they will all say ‘no.’”		“All or Nothing” Allen: Black & White Thinking	C
4	“I feel awkward. Everyone here must hate me.”		“Emo” Emily: Emotional Reasoning	D
5	“Who cares if I made all the other goals for my team? I missed the one to tie the game up, and we lost.”		“Shoulda” Sharonda: Should Statements	E
6	“I should be better at division by now!”		“Blaming” Blake: Personalization	F
7	“I can’t believe I messed that up. I’m such an idiot!”		“Psych Out” Sam: Mind Reading Fortune Telling	G
8	“Winning the science fair wasn’t that impressive. I just got lucky.”		“Drama Queen” Jean: Catastrophizing	H
9	“I got a C-. Why bother trying to make the honor roll? I’m always just average.”		“Bad Mouth” Brandy: Labeling	I
10	“If my mom had just washed my lucky shirt, none of this would have happened.”		“Negative” Nate: Mental Filtering Disqualifying the Positive	J

"What are You Thinking" Team Activity

Key

1	"Second place is the first loser."	1C	"All or Nothing" Allen: Black & White Thinking	C
2	"If I don't get an A+, I'll never get into a good college. My life is ruined!"	2H	"Drama Queen" Jean: Catastrophizing	H
3	"I'm not going to invite anyone to my birthday party because I know they will all say 'no.'"	3G	"Psych Out" Sam: Mind Reading Fortune Telling	G
4	"I feel awkward. Everyone here must hate me."	4D	"Emo" Emily: Emotional Reasoning	D
5	"Who cares if I made all the other goals for my team? I missed the one to tie the game up, and we lost."	5J	"Negative" Nate: Mental Filtering Disqualifying the Positive	J
6	"I should be better at division by now!"	6E	"Shoulda" Sharonda: Should Statements	E
7	"I can't believe I messed that up. I'm such an idiot!"	7I	"Bad Mouth" Brandy: Labeling	I
8	"Winning the science fair wasn't that impressive. I just got lucky."	8A	"Not a Big Deal" Norman: Minimizing	A
9	"I got a C-. Why bother trying to make the honor roll? I'm always just average."	9B	"Over and Over" Oliver: Overgeneralization	B
10	"If my mom had just washed my lucky shirt, none of this would have happened."	10F	"Blaming" Blake: Personalization	F