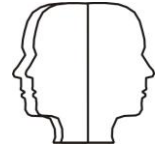


Homework Sheet: Lesson 8



- Think of another time when you broke a rule or hurt someone. Try to think of a current or very recent situation.
- This could mean violating the law or breaking a rule; and it could mean hurting someone physically or emotionally.
- Complete a thinking report on what happened.
 1. Write a brief, factual description of the situation.
 2. Write down as many thoughts as you can remember having.
 3. Write down all the feelings you remember having at the time.
 4. List one or two attitudes or beliefs that underlie your thinking in this situation
- Remember to focus on the thinking that *led you* to break the rule or hurt someone, as opposed to what you thought and felt afterward.
- Then circle 1 key thought, 1 key feeling, and 1 attitude or belief that particularly influenced you to break the rule or hurt someone.

(Continued on Next Page)

Name: _____ Date: _____



Thinking Report

Situation: _____ _____ _____
Thoughts: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
Feelings: _____ _____
Attitudes and Beliefs: _____ _____