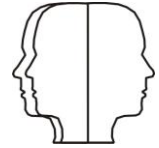


Homework Sheet: Lesson 10



- Watch for times where you have thoughts and feelings that some risk for you.
- Remember that risk can be very high or very low.
- The ability to notice even very slight degrees of risk in your thinking is one of the most important skills in **Thinking for a Change**.
- Complete a thinking report form on the situation.
- Be prepared to give a thinking check-in on the situation at the beginning of the next lesson.

(Continued on Next Page)

Name: _____ Date: _____



Thinking Report

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