

All Or Nothing Thinking

(The object of this form is to keep teens from making irrational, extreme judgments about themselves which raise their anxiety levels)

Very rarely is anything completely one way (black) or the other (white). People and situations tend to have varying mixes of negative and positive.

Even in a bad week there are usually some good days.

The graphs below illustrate that there is a large gray area between the black and white extremes. For each of the categories below, circle the number that indicates where you would realistically rate your own experiences.

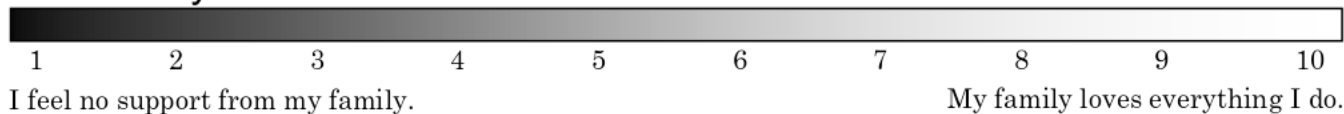
Your Friends:



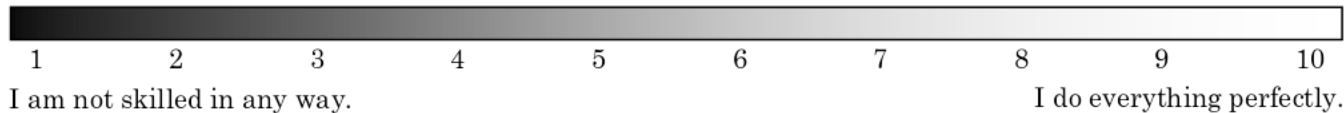
School:



Your Family:



Skills & Talents:



Your Attitude:

