

YOU DO IT EXERCISE

Goodbye Cinderella Program
Samarkand Manor Youth Development Center

Rational Thinking Worksheet

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| A. What happened? |
| B. What you thought: 1. 2. 3. 4. |
| C. How you felt: |
| D. What cameras would have seen: |
| E. Write more rational thoughts: 1. 2. 3. 4. |