FORM 3.9

Role Playing Both Sides of the Thought

Use *both parts* of this form. With the first part, you start as the negative thought and argue back with positives. With the second part, you start as the positive thought and argue back with the negatives. Review your answers and then circle those you think are not that helpful to you and the negative thoughts that are still strong.

Negative	**Positive**

(continued)

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Positive	**Negative**

Which responses are useful?
Why?
Which responses are not useful?
Why?