

Whose Thoughts Are These Anyway?

Think about each of the three situations listed in the chart below. For each, write down all of the messages that come into your head in the column “message.” In the column “source” write down where you think these are messages came from. Are they messages you receive from others (friends, family, teachers), or are they your own thoughts? An example is provided for each to get you started.

#1: You feel pressure to do whatever it takes to earn a top grade.

MESSAGE	SOURCE
<i>Only the very best performers get into the top colleges</i>	<i>parents</i>

#2: Your friends want you to join them in experimenting with drinking (or drugs, or sex)

MESSAGE	SOURCE
<i>I'll do just about anything to fit in.</i>	<i>me</i>

#3: Prom is just around the corner

MESSAGE	SOURCE
<i>To look great, I need to get down to a size “zero”.</i>	<i>magazines</i>