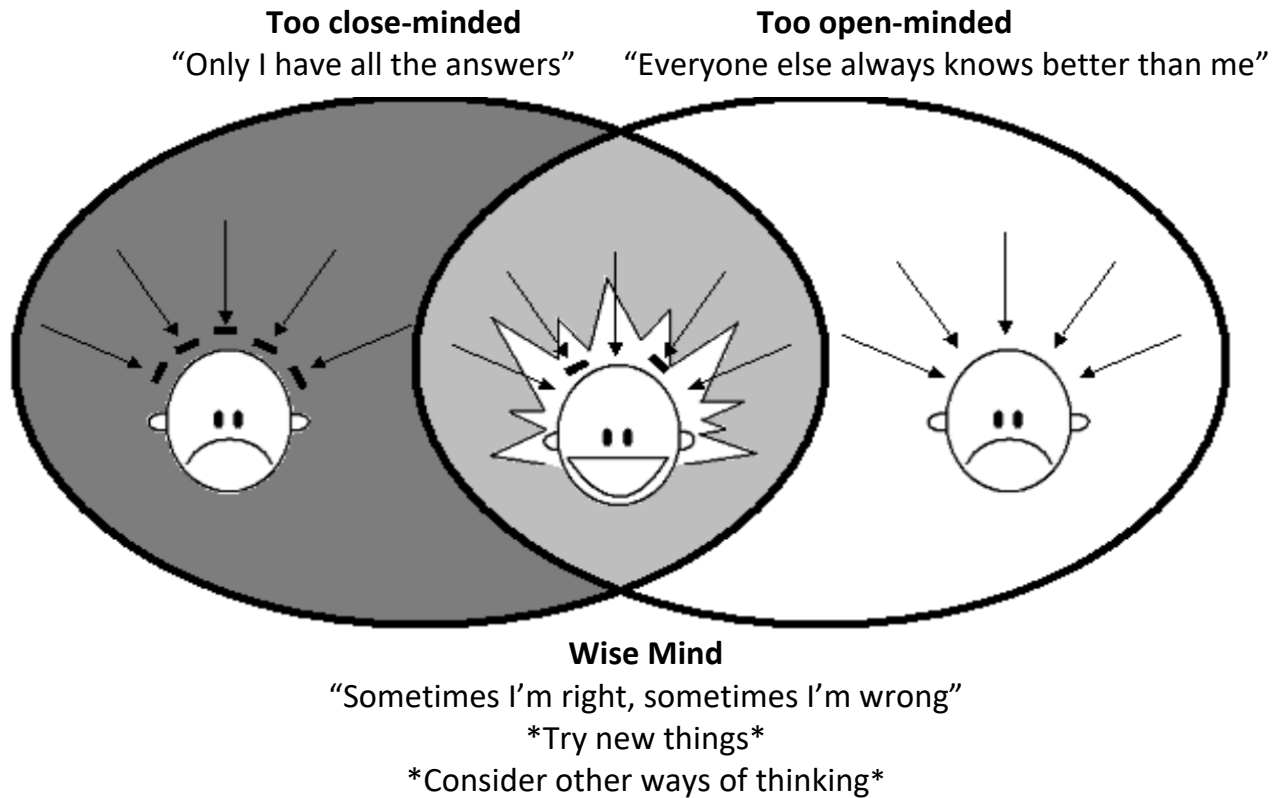


CBSST – WAYS OF THINKING ABOUT THINGS

There are different ways of thinking about things. See them in this picture. Which do you think is most helpful? What type of thinker do you want to be?



What are some common group goals – that everyone in group shares?

1. _____
2. _____
3. _____
4. _____
5. _____

Adapted from the Minneapolis VA CBSST Manual