

# **YOU DO IT EXERCISE**

Goodbye Cinderella Program  
Samarkand Manor Youth Development Center

## **Rational Thinking Worksheet**

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.