

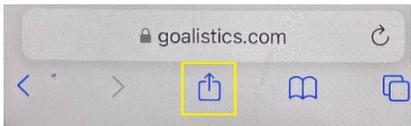
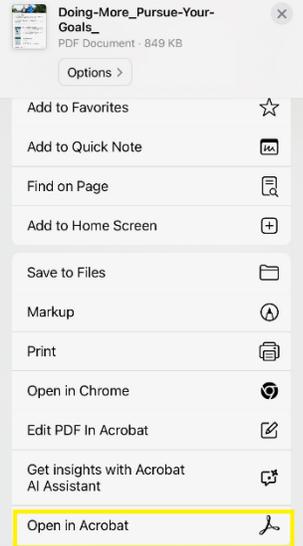
Filling Out The Interactive Activities On Your Phone

Follow the instructions below to fill out the interactive activities on your phone.

Step 1: Download Adobe Acrobat Reader

Go to the App Store and search for Adobe Acrobat Reader. This is a free app. If you already have Adobe Acrobat installed on your device you can skip this step.

Step 2: Download and Open the Interactive Activity Document

Tab the 'Download Activity' button.	At the bottom of your phone Select the 'share' icon.	Scroll down the menu, locate, and tap the 'Open in Acrobat'.
		

Continue to the next page for further steps

Step 4: Fill Out The Interactive Activity Document

Tap inside text boxes to type.



Recognize Self-Defeating Thoughts

Most of the time, you probably don't examine your thoughts closely. To identify self-defeating thoughts, you will need practice in taking a careful look at them. To help you practice, we will ask you to examine several self-defeating thoughts and think about which features of each thought make it self-defeating.

Thought 1: "My pain has ruined my life"

What is **ALARMING** about this thought? HINT: How does it make you feel?

What is **UNREALISTIC** about this thought? HINT: Look for extreme words and ideas.

Step 5: Save The Interactive Activity Document

The interactive activity document will automatically save. You can exit Adobe Acrobat Reader at anytime.