



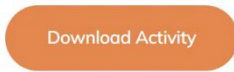
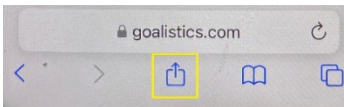
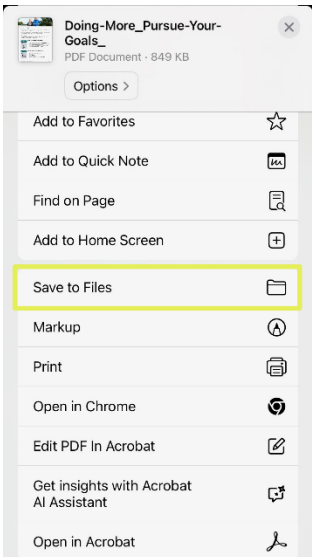
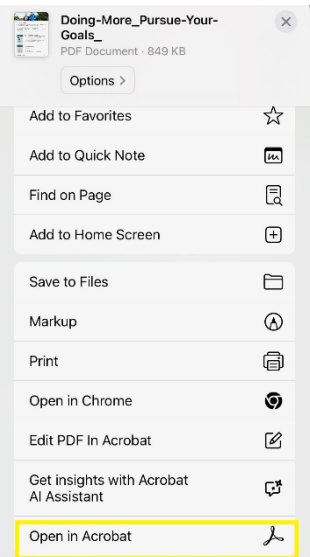
Filling Out The Interactive Activities On Your Phone

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 'Save to Files'. | Scroll down the menu, locate, and tap the 'Open in Acrobat'. |
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Continue to the next page for further steps

Step 3: 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 4: Save The Interactive Activity Document

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