

Positive
Thoughts
"Growth"

"I can do it....I just haven't
figured it out YET"

How can I/We.....?

What about.....?

RESPECT myself and others?

RespondAbility

It's my CHOICE

"ABOVE the line"

"BELOW the line"

VICTIM
MENTALITY

Lay Blame
Justify
Deny
Quit

"It's their fault"

"I can't do it"

"It's not fair"

"Why me?"

"It's boring"

"I give up"

Negative
Thoughts
"Stuck"

"CRAP Attacks"
CRITICAL, REACTIVE, BAD ATTITUDE, PROCRASTINATE