The
EXTREME

- Strong, hurtful words
- About ourselves or our problems
- Sad, Mad, or Worried
- Put-downs

Why it's a Trap: The words are too mean and not true

Don't forget: Try to be nice

What happened that made me use extremes?

_____

What was a nicer word or comment?

_____

Did I use more Extremes later that day?   YES   NO