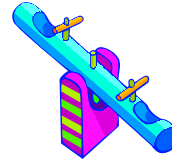


# The “Balance” sheet

**When I am feeling euphoric, I often think:**



**An Alternative, Balanced View**



Ask yourself:

- What evidence do I have that my thoughts are true?
- What facts or details might I have ignored or overlooked?
- What other explanations could there possibly be?
- Are there other ways of viewing the situation?
- What is a balanced view of this situation?