

Hazardous Attitude	Alert Thoughts	Antidotes
Anti-authority	<ul style="list-style-type: none"> • “The rules don’t apply to this situation.” • “Following the rules is just going to be more dangerous at this point.” • “This is supposed to be fun.” 	<ul style="list-style-type: none"> • “If I have to think about breaking the rules, things are probably already getting out of hand.” • “There’s plenty of room for fun without breaking the rules.”
Invulnerability	<ul style="list-style-type: none"> • “It’s always worked-out before.” • “There’s a margin here that will protect me.” 	<ul style="list-style-type: none"> • “This could be the day it doesn’t work out.” • “This is an activity where I have to TRY in order to survive.” • “I’m going to fly in the margins?”
Impulsivity	<ul style="list-style-type: none"> • “Cool! I gotta try this!” • “Oh, what the hell.” • “It’s too complicated; I’ll just do this...” 	<ul style="list-style-type: none"> • “Let’s think about this for a second...” • “If it still sounds like a good idea next time, maybe...” • “Work the problem; Let’s not make things worse by guessing.”
Macho	<ul style="list-style-type: none"> • “Watch this...” • “If they can do it...” • “People will think I’m an old man.” 	<ul style="list-style-type: none"> • “I don’t have to prove anything anymore.” • “I don’t want ‘stupid’ engraved on my tombstone.”
Resignation	<ul style="list-style-type: none"> • “I didn’t ask for this; I’ll just have to hope it works out.” • “If something goes wrong now, it would really suck.” 	<ul style="list-style-type: none"> • “If I don’t have control of the situation, then I need to get it.” • “Let’s think about making an outcome change here.”