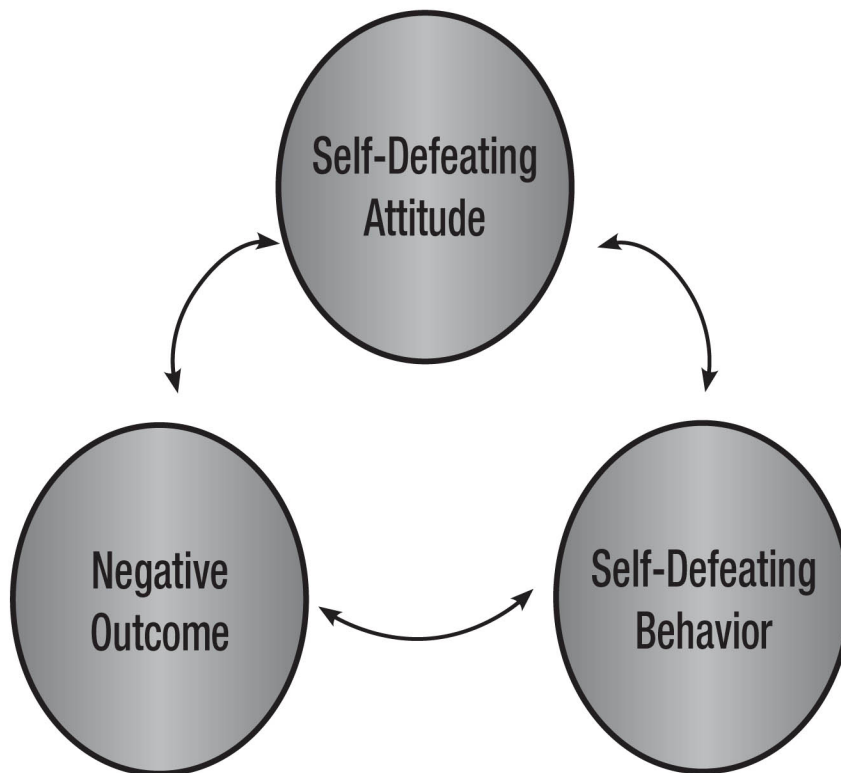


Self-Defeating Attitudes: A Vicious Cycle

FIGURE 5.2



Stop the Cycle When we have negative attitudes, we tend to act in ways that make our negative predictions about events come true. *How can you break this vicious cycle?*