

Reading Questions: *Balanced Musician*, Chapter Five

Name: _____

1. What is the definition of PST skills and what are two examples?
2. What type of processing occurs during imagery?
3. What type of process do you engage in when you observe others who are modeling a specific skill for you?
4. What is one type of negative thinking that you use? You may choose one listed on page 88 or give your own example. Give an example of one such thought and how you could reframe it, using thought stopping.