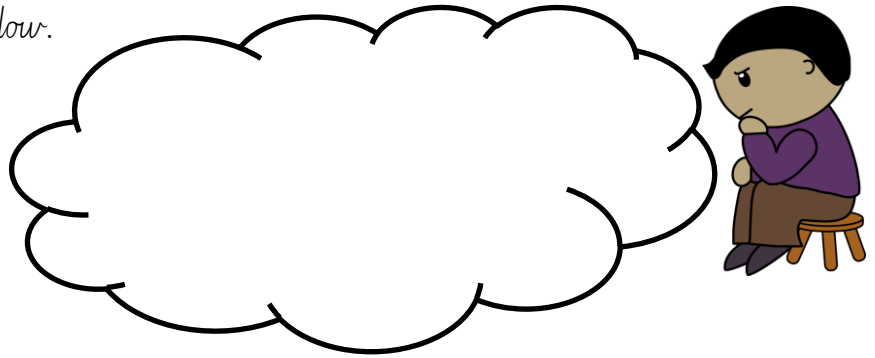
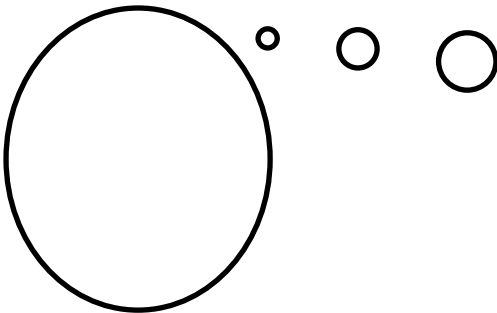


# changing those thoughts

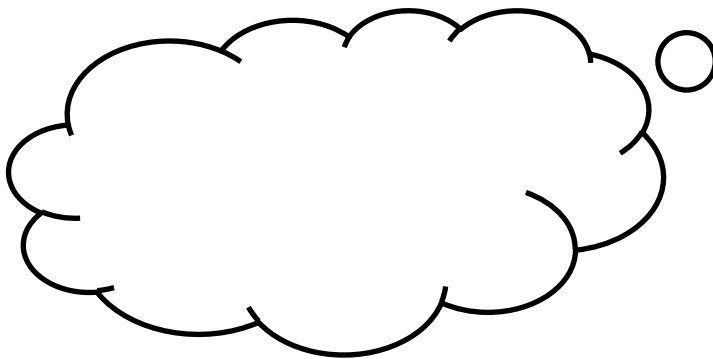
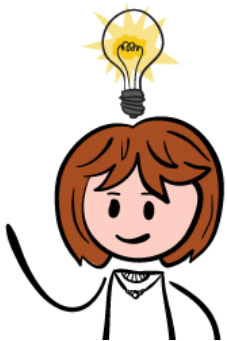


1 Where were you? And what were you doing? Write or draw a picture below.

2 How did it make you feel? Draw your face and write the feeling word in the box below.



3 What was your automatic negative thought? Write that thought in the speech bubble



4 What could be an alternate positive thought? Write that in the speech bubble.

5 How would that make you feel differently? Draw your face and write the feeling word in the box below