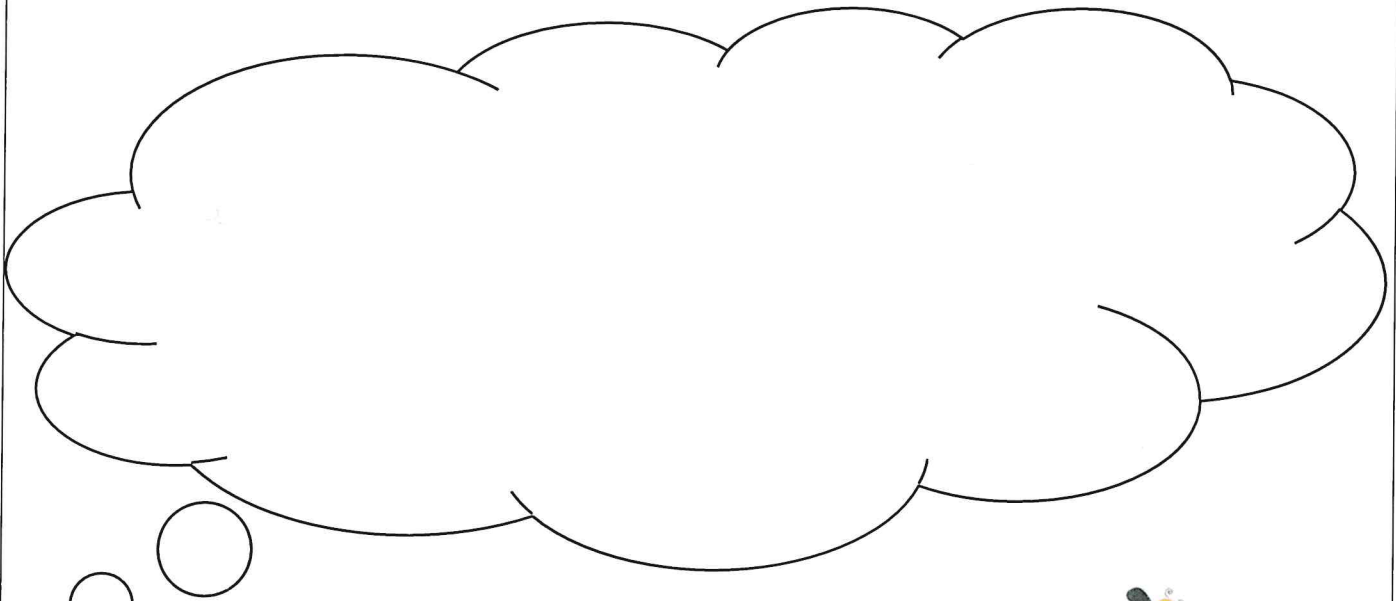


# The voice of reason

Thoughts are NOT facts, whenever you get a negative thought, write it down.

Think about the following:

1. Is this thought helpful?
2. Is there another way of looking at this?
3. How would someone else see this?
4. Is this a fact or is it just an opinion?
5. What advice would I give someone else?
6. Is there any evidence that suggests the thought is true?



Now write down your voice of reason.

