

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