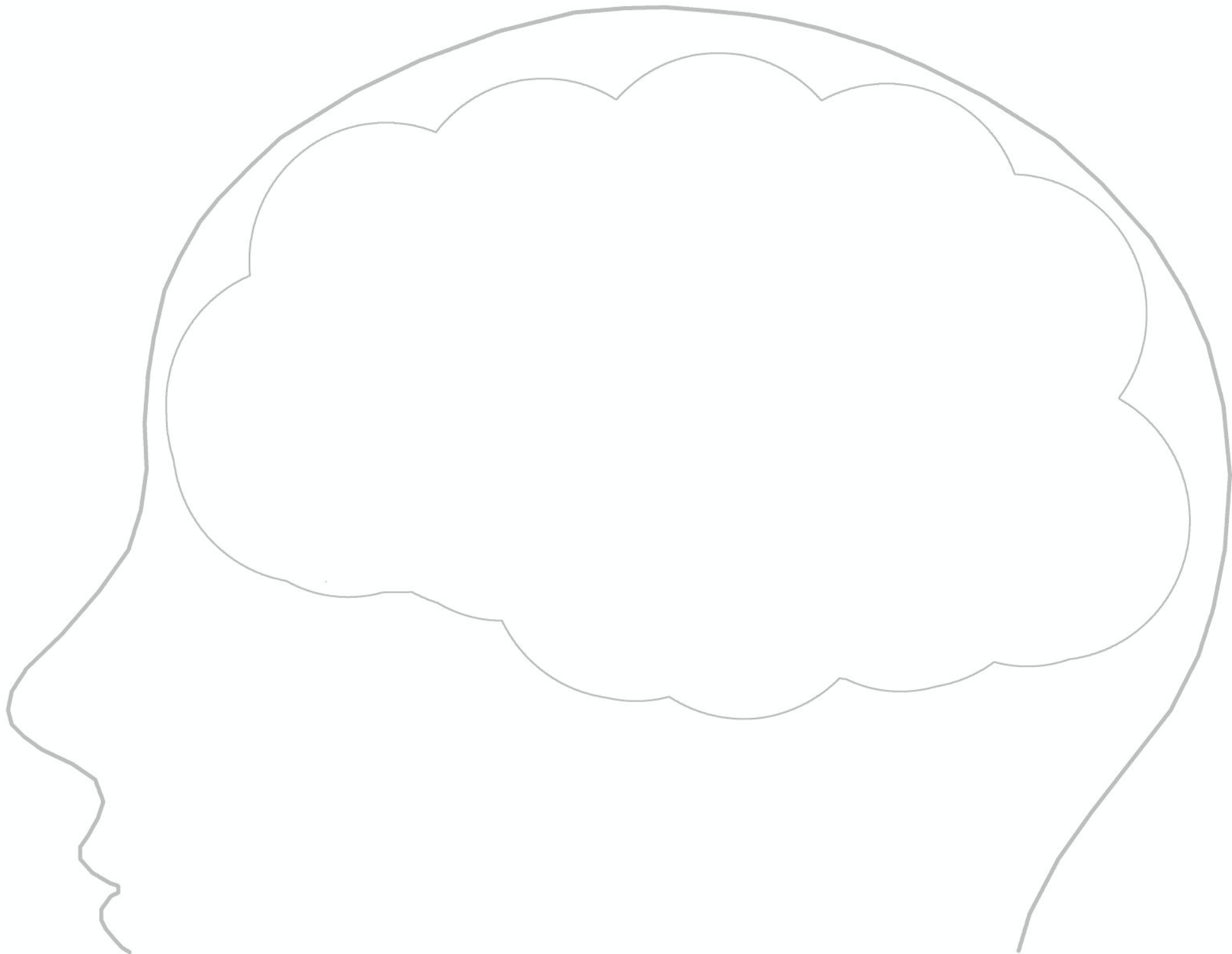


## **My Negative Thoughts**

Stop and think about the negative thoughts you've had in the last 30 minutes. Jot them down on the image below.



## **My Positive Thoughts**

Stop and think about the positive thoughts you've had in the last 30 minutes. Jot them down on the image below.

