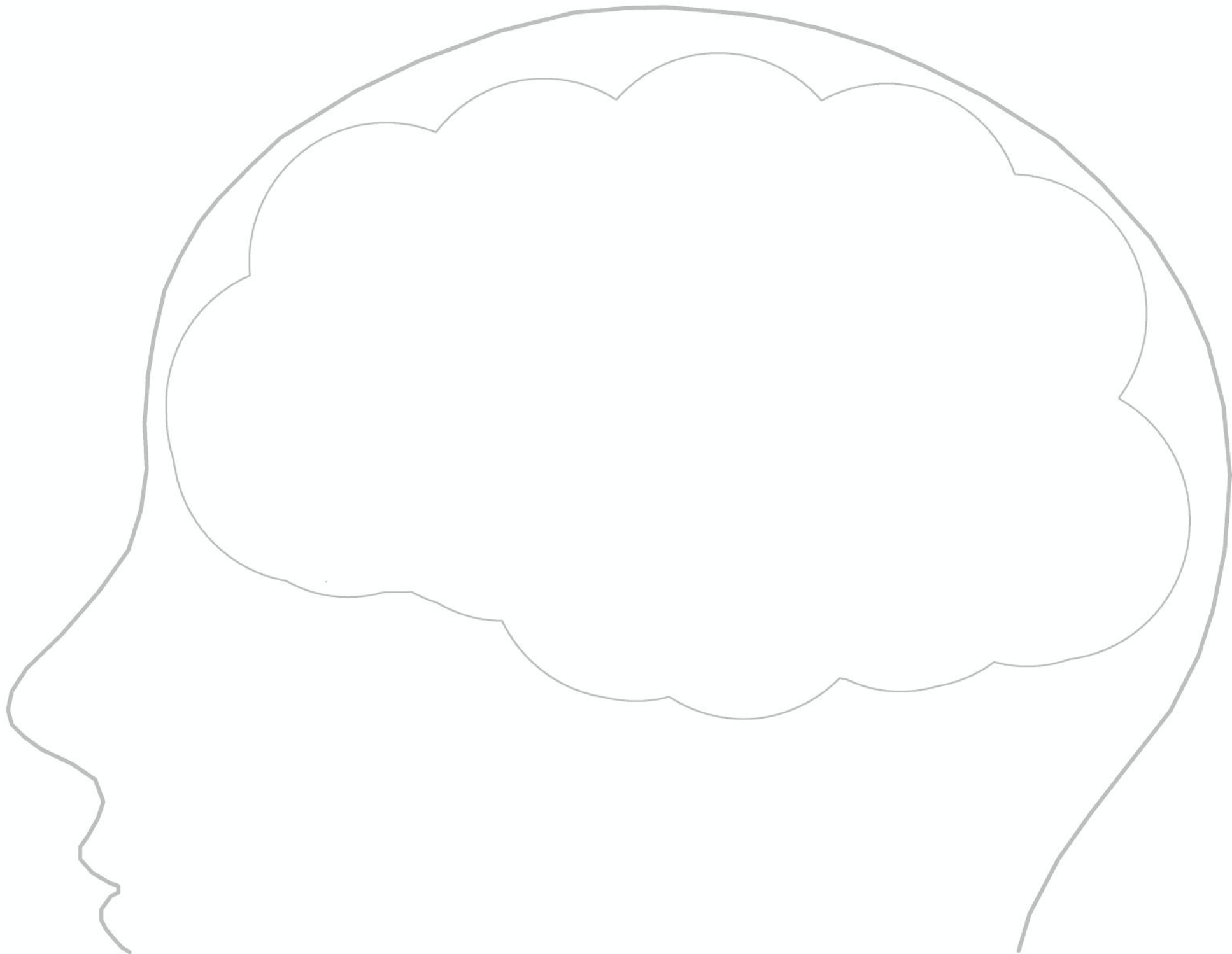


My Negative Thoughts

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.

