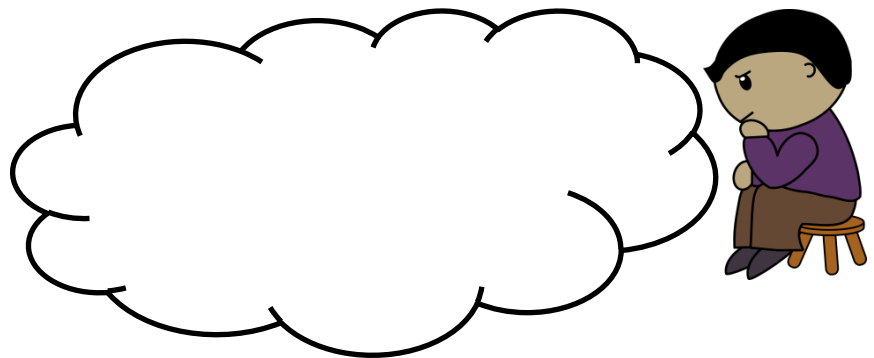


# Changing those thoughts

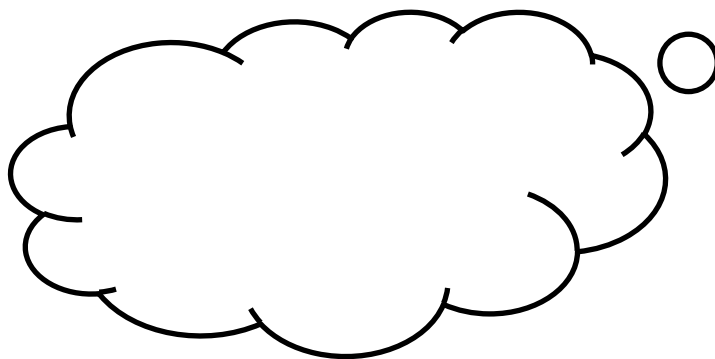


1. Where were you? And what were you doing? Write or draw a picture below of the situation that made you feel anxious.

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