| When I think | (Feeling:) I'll | change my thought to | (Feeling:). |
|---|---|--|---|
| Example: | | enange my mought to | (i ceinig |
| • | le to do it (Feeling: Defeated), I'll | change my thought to I can do it! (F | eeling: Confident) |
| | | with, then change those thoughts to po | , |
| • | | | |
| Linking Thinking Activity #4: Change a negative When I | | "Thought Words" to watch our can't, everyone, no one - the t | hought might not be true. |
| | | | |
| Do you notice that every thought has a matching feeling? (check the page in the book) | That's right! This is a new discovery to add to your journal. From "School Day Worries" Copyright 2020 Anjula Evans Permission given to photocopy for educational/classroom use only | Discovery: My thoughts are linked to feelings. | Conclusion: If I change my thoughts, my feelings will change too! From "School Day Worries" Copyright 2020 Anjula Evans Permission given to photocopy for educational/classroom use only |

These activities are also in "Guess How I'm Feeling" and "Guess What I'm Feeling" CBT Activity Books by Anjula Evans at www.anjulaevans.com