

When I think _____ (Feeling: _____), I'll change my thought to _____ (Feeling: _____).

Example:

When I think I'll never be able to do it (Feeling: Defeated), I'll change my thought to I can do it! (Feeling: Confident)

Fill out the speech bubbles below with thoughts you struggle with, then change those thoughts to positive thoughts!

Linking Thinking

Activity #4: Change a negative thought to a positive one

When I think:  I'll change my thought to:

"Thought Words" to watch out for: always, never, should, can't, everyone, no one - the thought might not be true.

