

MY THOUGHTS HAVE POWER

TRIGGER

A large, empty rectangular box with a black outline, intended for writing a trigger. There is a small pink scribble inside the box.

NEGATIVE THOUGHT

A large, empty rectangular box with a black outline, intended for writing a negative thought. There is a small pink scribble inside the box.

ADAPTIVE
THOUGHT

A large, empty rectangular box with a black outline, intended for writing an adaptive thought. There is a small pink scribble inside the box.

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TRIGGER

The Christmas
party

NEGATIVE THOUGHT

"you sounded
stupid when
you said that
story"

ADAPTIVE THOUGHT

My friends
care more
about me than
my story