**How I DID change those negative thoughts**

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| --- | --- |
| Negative thought | How I overcame it |
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![C:\Users\Scotts\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3BLC473Y\MC900151711[1].wmf]()![C:\Users\Scotts\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1058Z2E1\MC900437978[1].wmf]()

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**Give yourself a pat on the back and celebrate your life with NO negative thoughts**