**Negative Thoughts Become A Trap!**

**Negative Thoughts**

![C:\Users\Scotts\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3BLC473Y\MC900433818[1].png]()

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**Feel uninterested**

**Feel a failure**

**Affect what I do**

**Make me feel sad, upset, worried**

**Make unpleasant feelings**

**Create doubts and worries**