**How can I change those negative thoughts that won’t go away?**

|  |  |  |  |
| --- | --- | --- | --- |
| Negative thought | Distraction | Positive self-talk | Other ways to stop them |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

C:\Users\Scotts\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1058Z2E1\MC900104786[1].wmf

9

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