

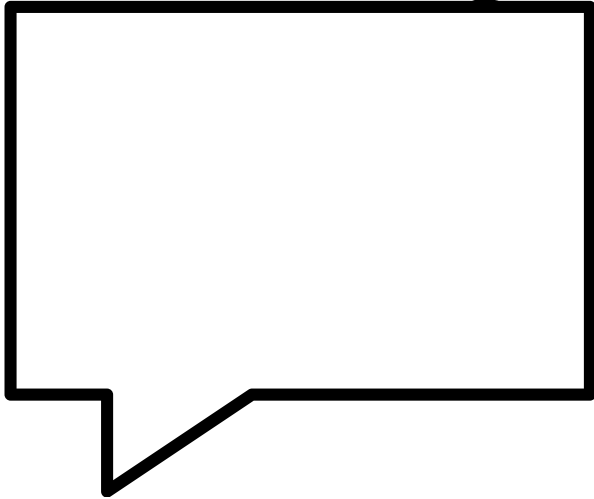
# *Positive* SELF-TALK

Situation: \_\_\_\_\_

Feeling: \_\_\_\_\_

Automatic negative thought"  
\_\_\_\_\_

**Better Thought:**

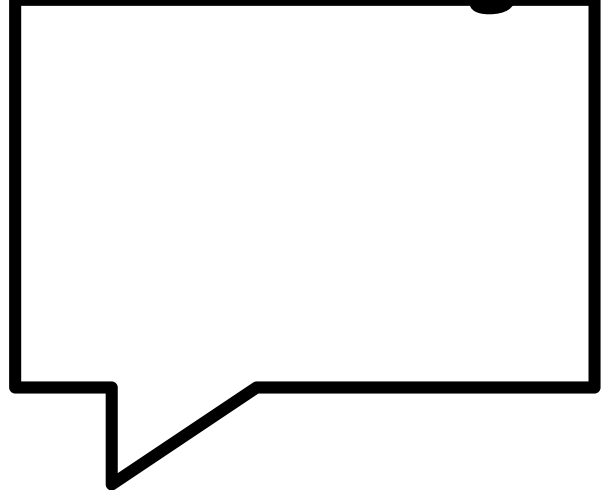


Situation: \_\_\_\_\_

Feeling: \_\_\_\_\_

Automatic negative thought"  
\_\_\_\_\_

**Better Thought:**



Situation: \_\_\_\_\_

Feeling: \_\_\_\_\_

Automatic negative thought"  
\_\_\_\_\_

**Better Thought:**

