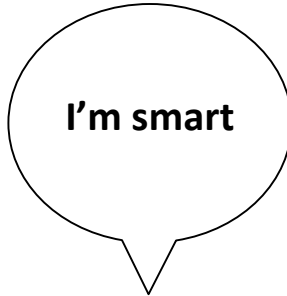


# Positive Thinking Exercise



I'm kind



I'm smart



I'm a good friend

Write some positive statements about yourself below!

---

---

---

---

---

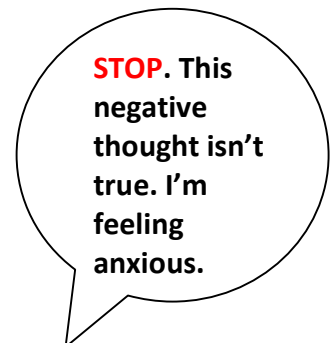
---

## Negative Thinking Strategies

When you have a negative thought, visualize a stop sign in your mind, and **STOP** thinking the thought. Remind yourself that it's not true. It's only a thought. Try the same thing when you are anxious. Anxious thoughts are negative thoughts also. Then try replacing your negative thought with a positive thought!



**STOP.** This is one of my old thoughts. It's not true!



**STOP.** This negative thought isn't true. I'm feeling anxious.