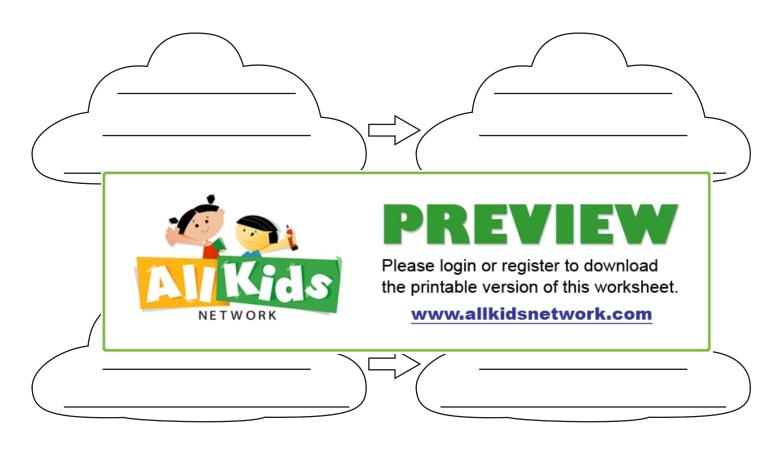
Name \_

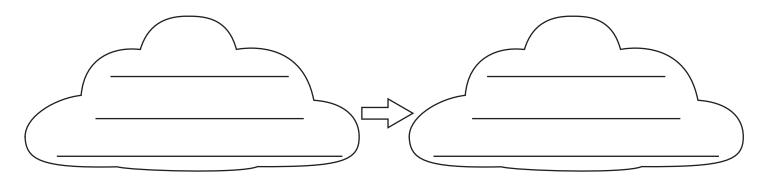


## Changing Negative Thoughts

In the left cloud write your negative thoughts, in the right change it to a positive.

Example: I'm bad at math I'm good at other things like english and history







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