



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

Cloud 1 (Left): _____
Cloud 1 (Right): _____



PREVIEW

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Cloud 2 (Left): _____
Cloud 2 (Right): _____

Cloud 3 (Left): _____
Cloud 3 (Right): _____