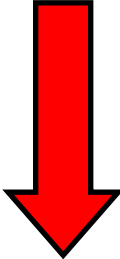

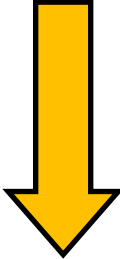
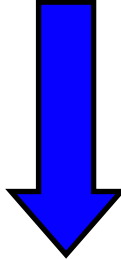
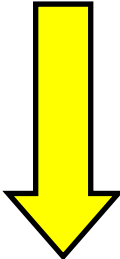


I can manage my thoughts and feelings and the way they make me act by thinking more positively.



Negative	Positive
What is your negative thought? 	What is a more positive thought? 
How does this make you feel ? 	How does this make you feel ? 
How does this make you behave ? 	How does this make you behave ? 