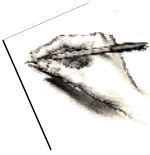**Challenging Negative Thoughts**

Think of words, phrases or thoughts you may have had recently. If there is anything negative, please write these down in the green box, and then try changing those thoughts into positive statements in the yellow box:

Recognizing negative thoughts	Challenging negative thoughts by replacing them with positive ones