

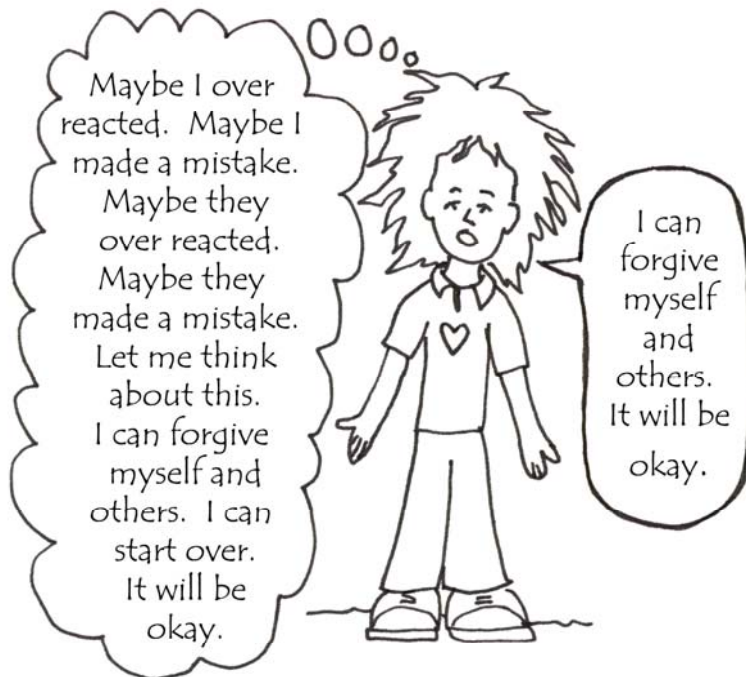
How to Change a Negative Thought to a Positive Thought

(Also known as "working my head")



- 1) When I feel upset or angry at myself or others, or afraid, or depressed, I stop and take a deep breath. (Breathing supplies oxygen to our brain and body. This helps us calm ourselves and think more clearly.)

- 2) I look inside myself to find the negative thought. (I kick it out.)



- 3) I think positive thoughts. (I replace the negative thoughts with positive thoughts.)
- 4) I say the positive thought.
- 5) I think and say the positive thought over and over again until I feel better.

Now, I am ready to respond to anything.

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