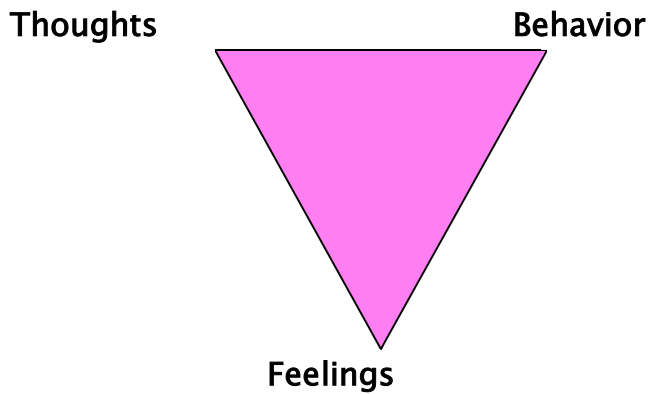


# THOUGHTS MATTER!

Our thoughts affect the way we feel and how we act. When something happens, we form thoughts about the event that lead to feelings and actions. The way we talk to ourselves in our heads also affects how we feel and what we do.

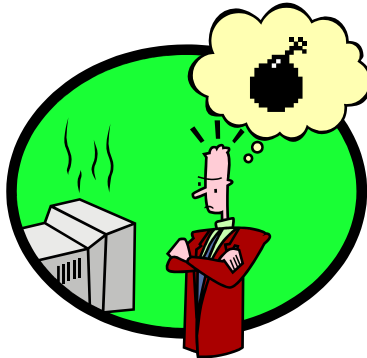


What are the characters below thinking? How do their thoughts make them feel?



Thought:

Feeling:



Thought:

Feeling:



Thought:

Feeling:

## THOUGHT PROBLEMS

Sometimes we all have thoughts that either aren't true or don't help us to feel better or solve problems. Some of these thought problems involve thinking that everything has to be **all or nothing** (i.e. "One person made fun of me, so that means everyone hates me"). Other thought problems focus on the **worst possible outcome** (i.e. "If my mom goes out, I'm sure something terrible is going to happen to her"). We sometimes get stuck in **negative thinking** (i.e. "Nothing ever works out for me" or "I'll never feel OK again"). **Please write or draw some problem thoughts that you've had recently.**

How did these thoughts make you feel?