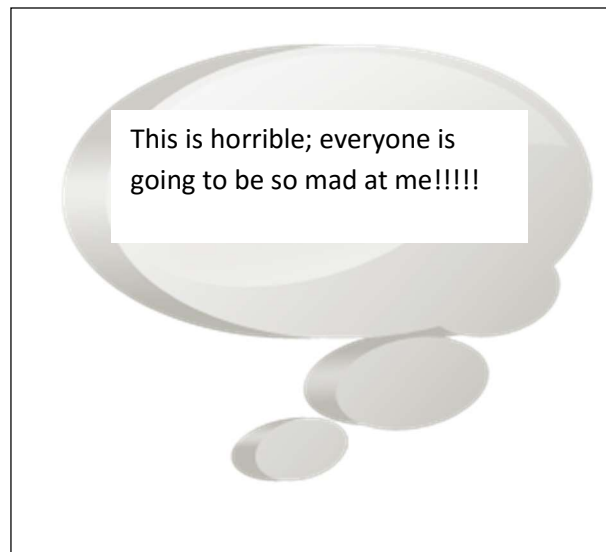


Thinking better... Feel Better

Let's look how you think and how that effects how you feel.

If you forget your homework at home, and you think....



Then you are going to feel



Let's start paying attention how you are feeling. Once you understand how you think about things, you can begin to change how you feel.

Day of week: _____

Event: (what happen) _____

What did I think about that?



How did I feel? _____



Sad



Happy



Worried



Angry