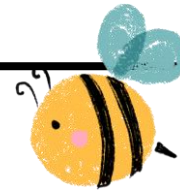


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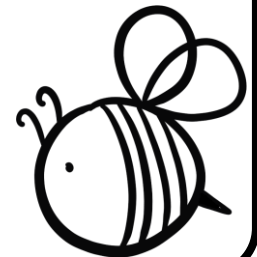
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Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

**ANTS - AUTOMATIC NEGATIVE THOUGHTS**  
 8 COMMON ANTS THAT INVADE YOUR THOUGHTS.  
 FIND WAYS TO SQUASH THE ANTS

**MIND READER MAVIS**  
 THINKS SHE CAN READ OTHER PEOPLE'S MINDS

EXAMPLE THOUGHTS

- He is definitely laughing about me
- I know she hates me
- I know they are talking about me

**OH THE ANTS**  
 your thoughts  
 what someone is thinking  
 what you need to see what else

**EMOTIONAL**  
 THINKS YOU  
 CHANGE TH

Negative thought

Negative thought	How it makes me feel
I feel hopeless	
I feel ugly	
I feel like a failure	

**BLAMING BARRY**

**IDENTIFY YOUR THOUGHTS**  
**NEGATIVE NANCY**  
 ONLY SEES THE NEGATIVE. IGNORES THE POSITIVE

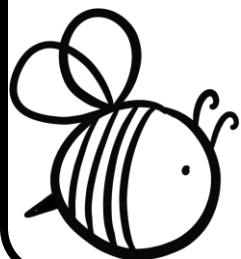
I ONLY got 1 sticker today

**IDENTIFY YOUR THOUGHTS**  
**LABELLING LAWRENCE**  
 CALLS THEMSELVES AND OTHERS NAMES

I AM such a loser.  
 SHE IS such an idiot!

DUMB  
 LOSER  
 IDIOT  
 STUPID

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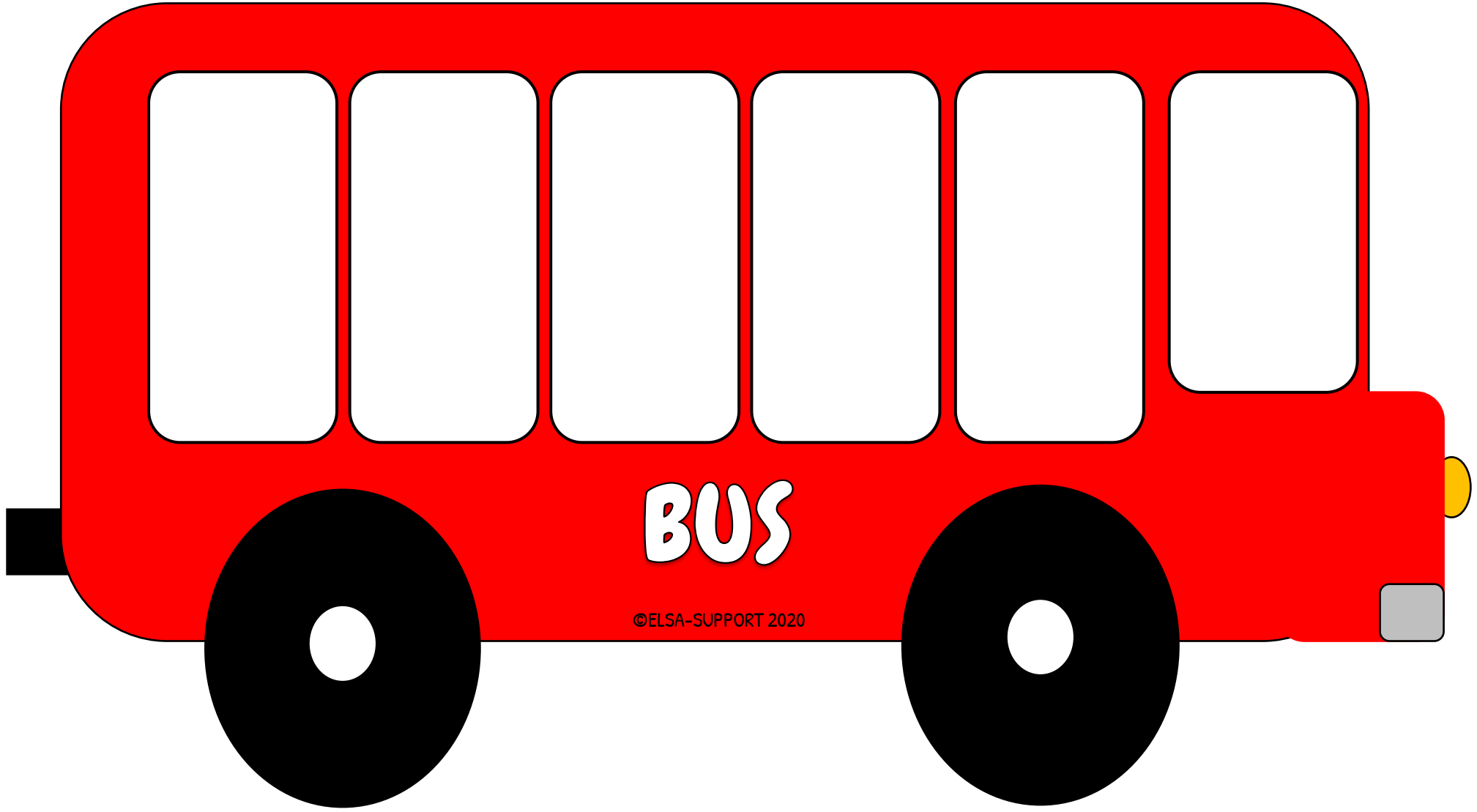


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Draw yourself in the driver's seat and write all your thoughts in each window. Remember you are in charge; you can stay focused on the road ahead. Even if the thoughts are being critical, shouting at you or being intrusive you can ignore them and keep your focus on that road ahead.





BUS

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