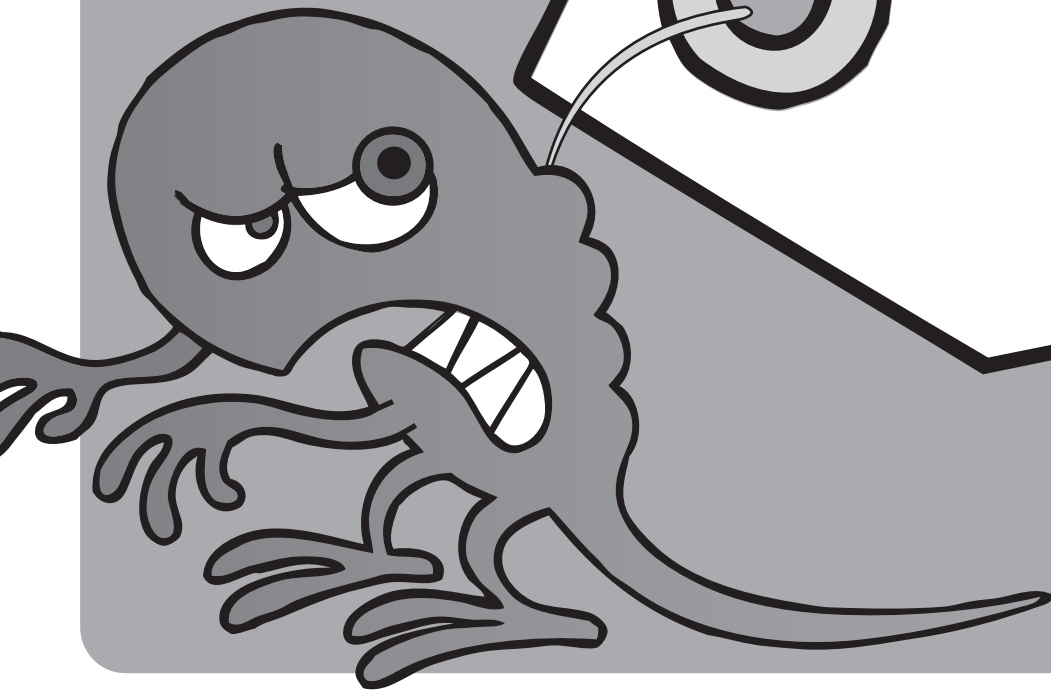


# How to fill in this sheet

Choose a time when you felt bad

What went through your mind at the time?

- About you?
- About others?
- About what has happened?
- About what might happen?
- About what others think about you?



# My bad thoughts