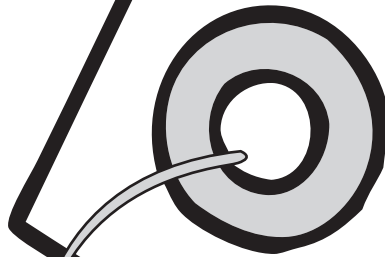


HOW TO FILL IN THIS SHEET

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 UNHELPFUL THOUGHTS