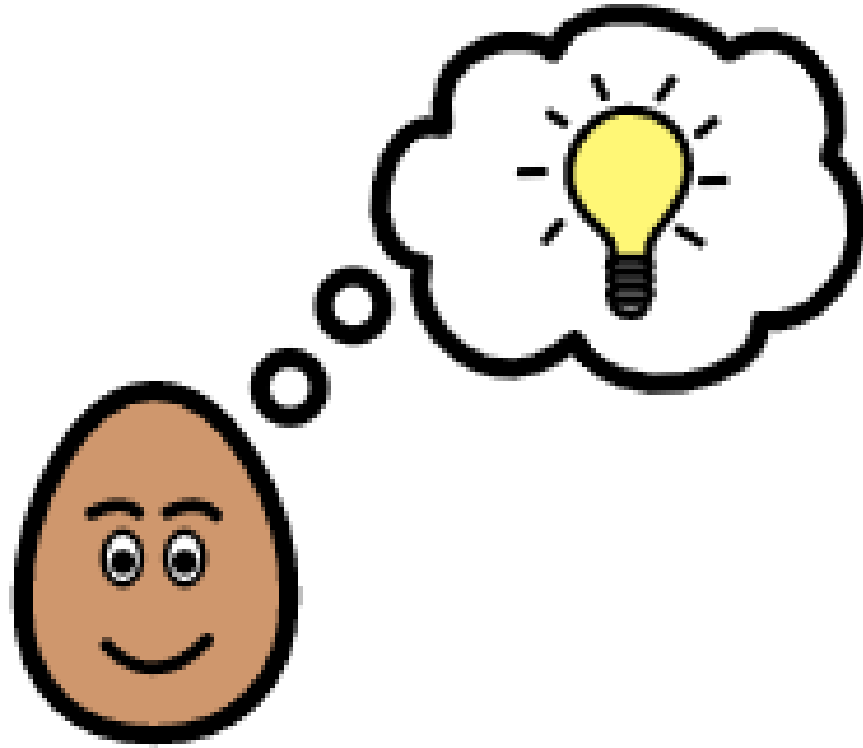


My Thoughts



I have thoughts in my mind. Everyone I know has thoughts in their minds, too.



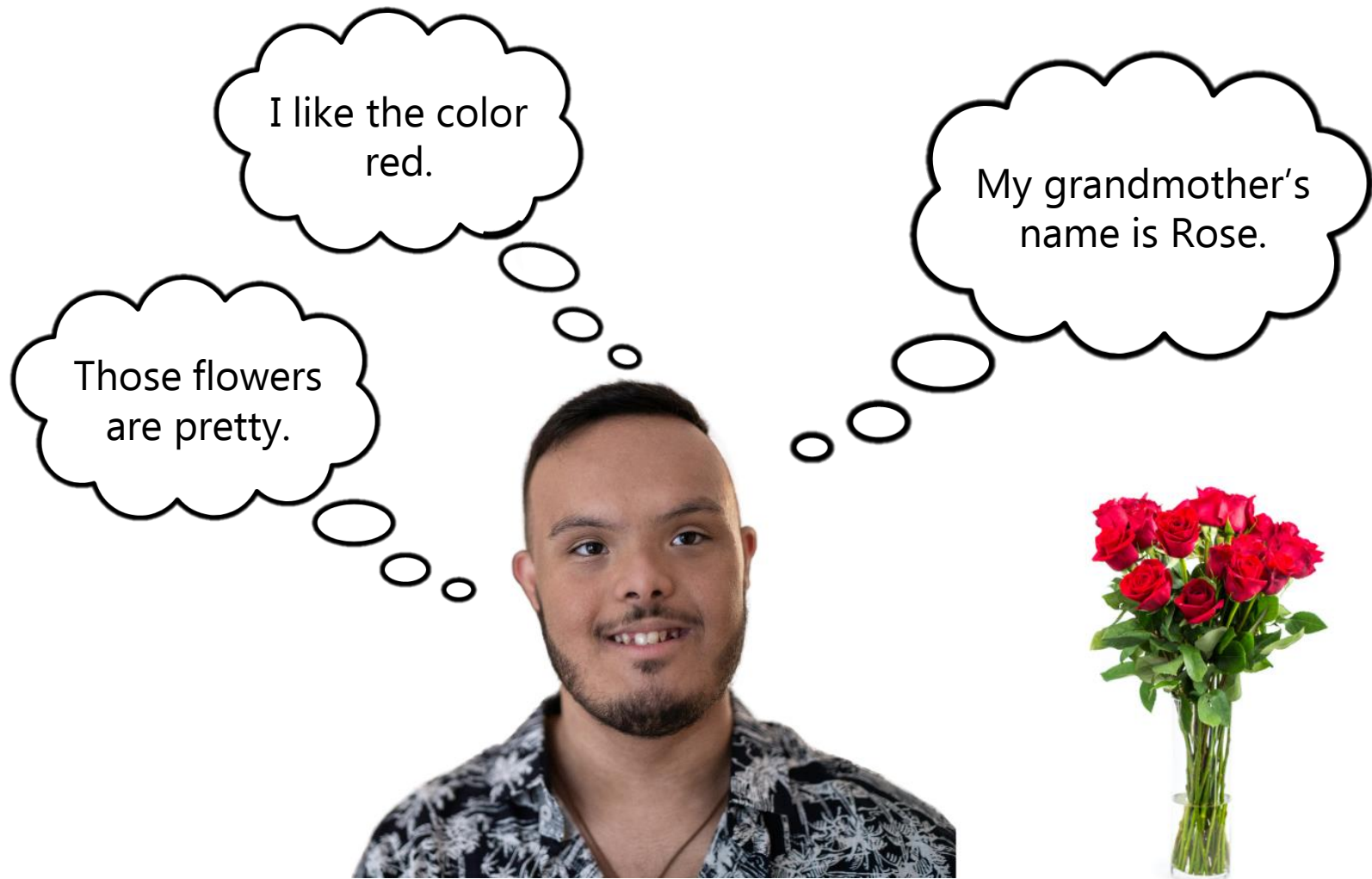
Thoughts are words, pictures, or ideas that run through my mind.



My thoughts may tell me about the things going on around me.



My thoughts may be things I remember from the past, or things I wish for in my future.



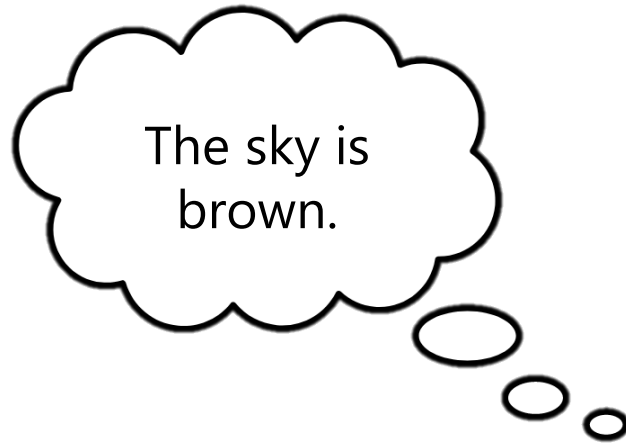
I can have all sorts of different thoughts.



Some thoughts make me feel happy.



Other thoughts might make me feel mad, sad, or worried.



It is important to remember that just because I think something, it does not make it true.
Thoughts are not facts.

I do not want to go to work.



I am excited to see my coworkers.



Thoughts come and go.



I can choose the thoughts I want to focus on.



I can focus on thoughts that make me feel better.
I can work to change the thoughts that bother me.

When I feel _____ I will...



STOP.



THINK.



MAKE A GOOD CHOICE.

If I have thoughts that bother me or make me feel upset, I can make a plan to help me feel better.



I can tell trusted adults about my thoughts.
They can help me understand my thoughts so I
feel better.



I can learn how to manage my thoughts.