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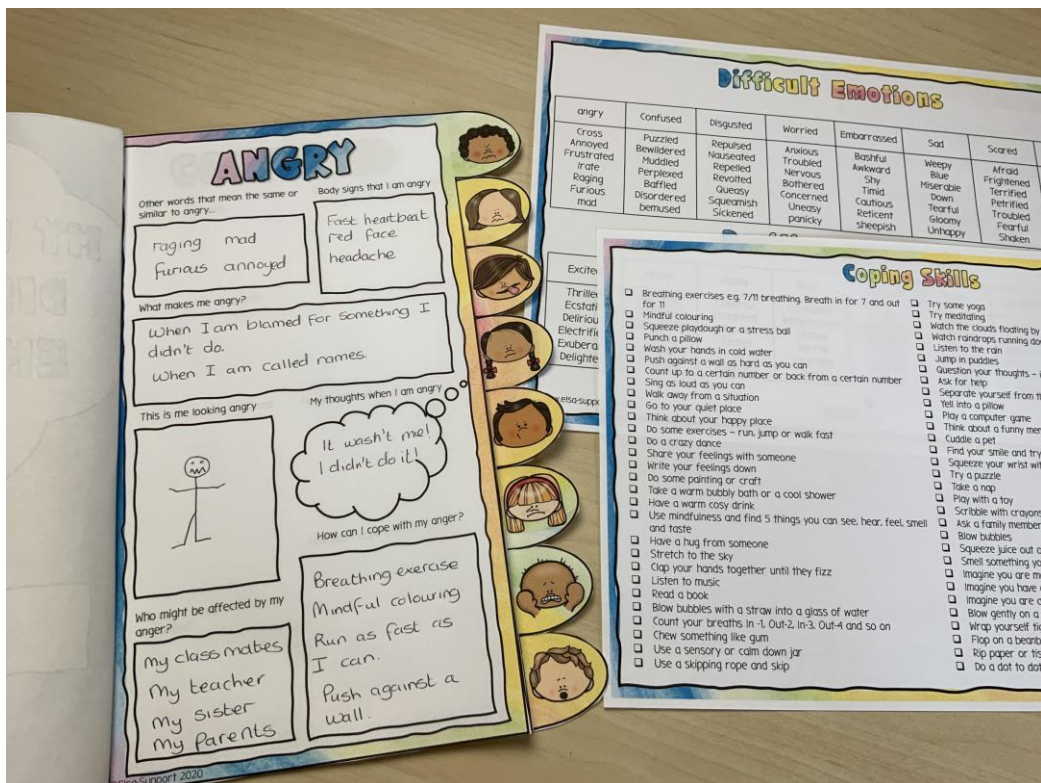




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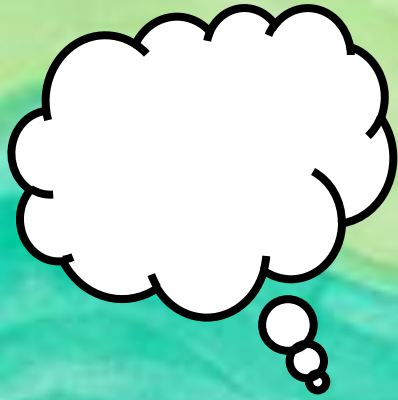


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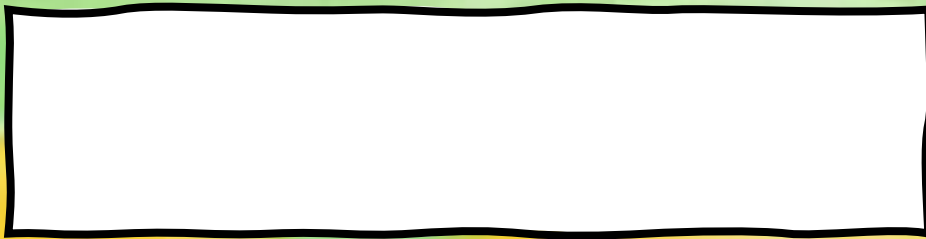
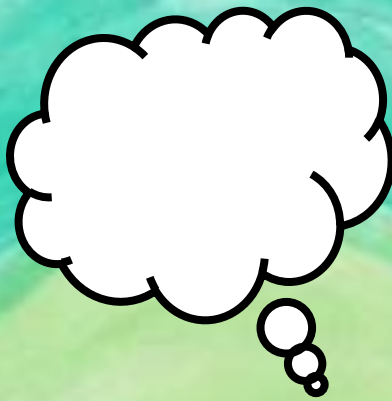


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# My Thoughts



What is your unhelpful thought?

I feel

Can you change it into a more helpful thought?

I feel

Monday

What is your  
unhelpful thought?

I feel

Can you change it  
into a more helpful  
thought?

I feel

Tuesday

What is your unhelpful thought?	I feel	Can you change it into a more helpful thought?	I feel

Wednesday

What is your unhelpful thought?	I feel	Can you change it into a more helpful thought?	I feel

Thursday

What is your unhelpful thought?	I feel	Can you change it into a more helpful thought?	I feel

Friday



What is your unhelpful thought?	I feel	Can you change it into a more helpful thought?	I feel

Saturday

What is your unhelpful thought?	I feel	Can you change it into a more helpful thought?	I feel

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Sunday