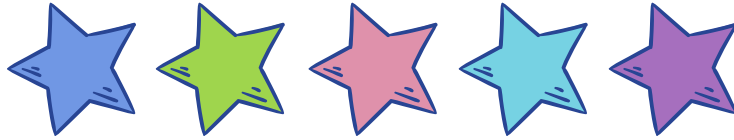




Changing Thoughts



Unhelpful
Thought

More Helpful
Thought

e.g. "I am useless"

e.g. "I'm not good at this yet"
"I am good at lots of other things"
(make a list)
"I am pretty useful"