

This image shows a completely blank white rectangular area enclosed within a thin black frame. There are no markings, text, or illustrations present on the page.

KEEP IT POSITIVE

Our thoughts control how we feel about ourselves. Negative thoughts make us feel down while positive thoughts make us feel good. Sometimes our negative thoughts are so engrained in us and they can happen automatically. But we can still make a conscious effort to reframe our thinking.

Trigger/Event
what happened?

Automatic
thought

New Thought