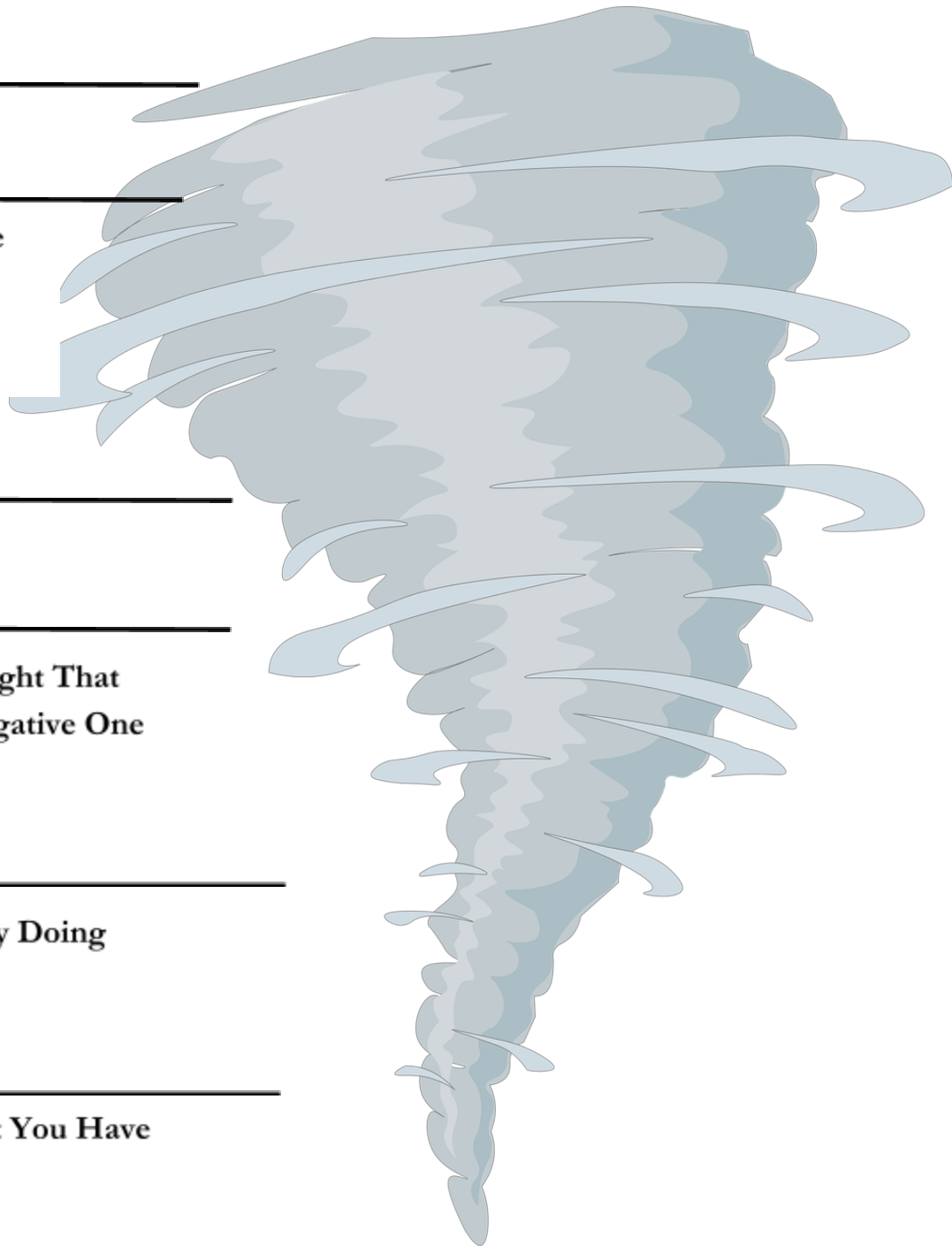




Escape the Thought Tornado Activity

#EmpoweringMEandYou - Don't Fall Into the Thinking Trap



**Reframe Your Negative
Thought With Less
Harsh/More Positive
Language**

**One Positive Thought That
Challenges Your Negative One**

One Thing You Enjoy Doing

One Positive Trait You Have

**One Negative Thought You May
Have About Yourself or a Situation**