

Name: _____

DEALING WITH MY SADNESS

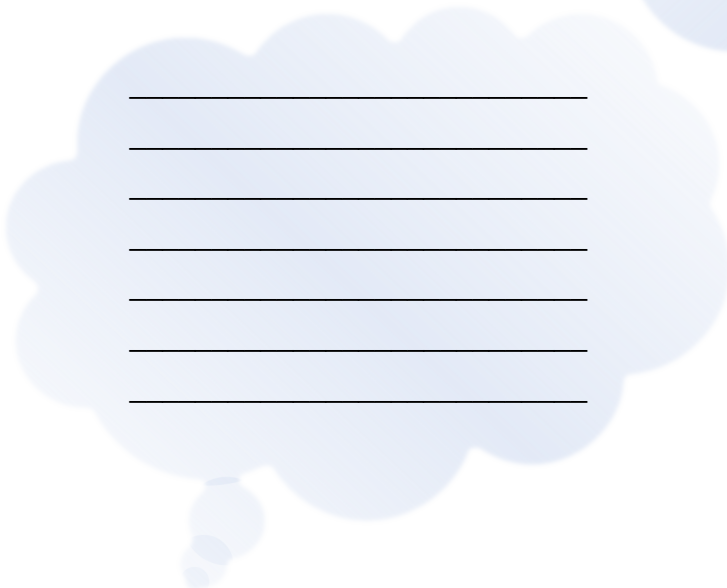
To fight the upset thoughts, I could have tried these thoughts instead:



A light blue thought bubble with a scalloped edge and a small tail at the bottom left. Inside the bubble are seven horizontal black lines for writing.



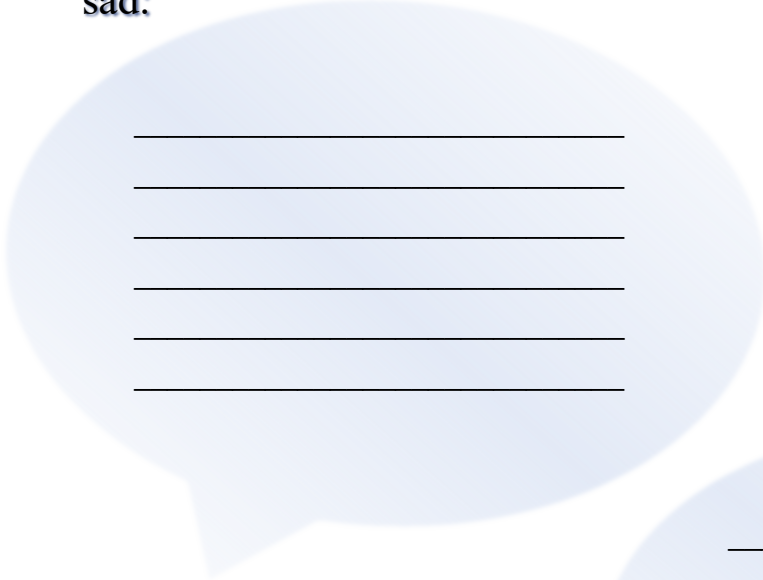
A light blue thought bubble with a scalloped edge and a small tail at the bottom right. Inside the bubble are seven horizontal black lines for writing.

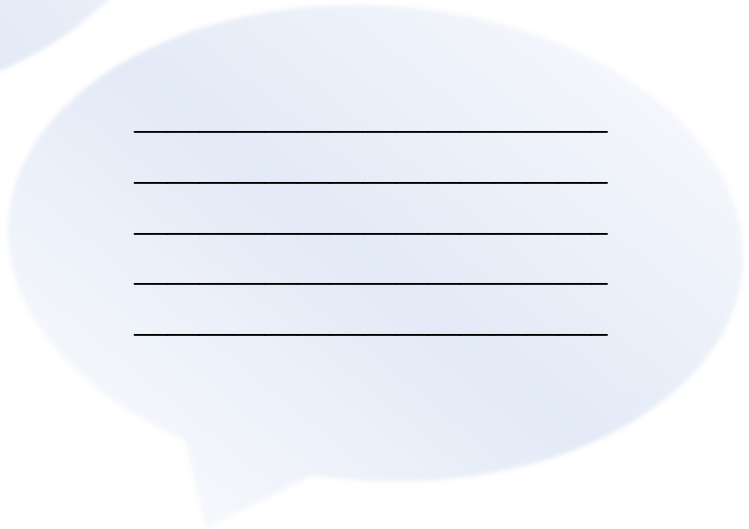


A light blue thought bubble with a scalloped edge and a small tail at the bottom left. Inside the bubble are seven horizontal black lines for writing.

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Here are more helpful things **I could say to myself** the next time I feel sad:





This is something else **I can do** the next time I feel sad:
