

CHANGE YOUR THOUGHT CHANNEL

Directions: It's hard NOT to think about something that is bothering or worrying you. The more you try not to think about something the more it pops into your mind! Instead, change your thought channel. You can do this by choosing something different to think about and focusing on that instead.

In the first tv draw or write what is bothering or worrying you. Then in the second tv draw or write something else you can think about instead.

