



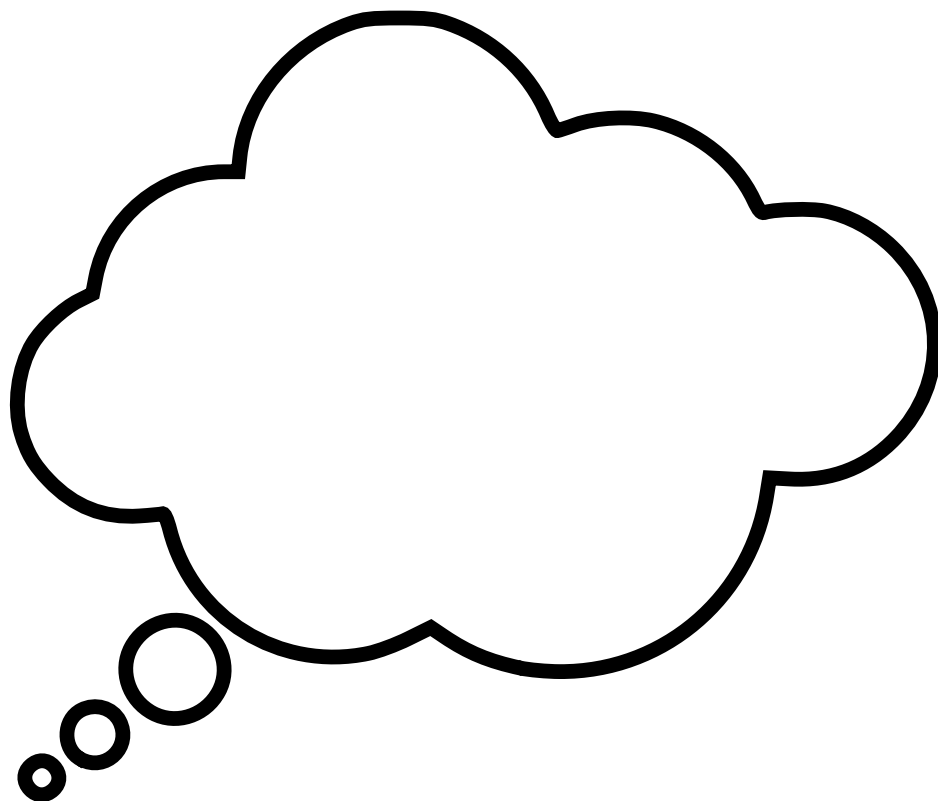
# THINKING BUBBLES

*An exercise to think about your thinking  
and to encourage mindfulness!*

When I am angry, I think...



When I am anxious or fearful, I think...



When I am sad, I think...

