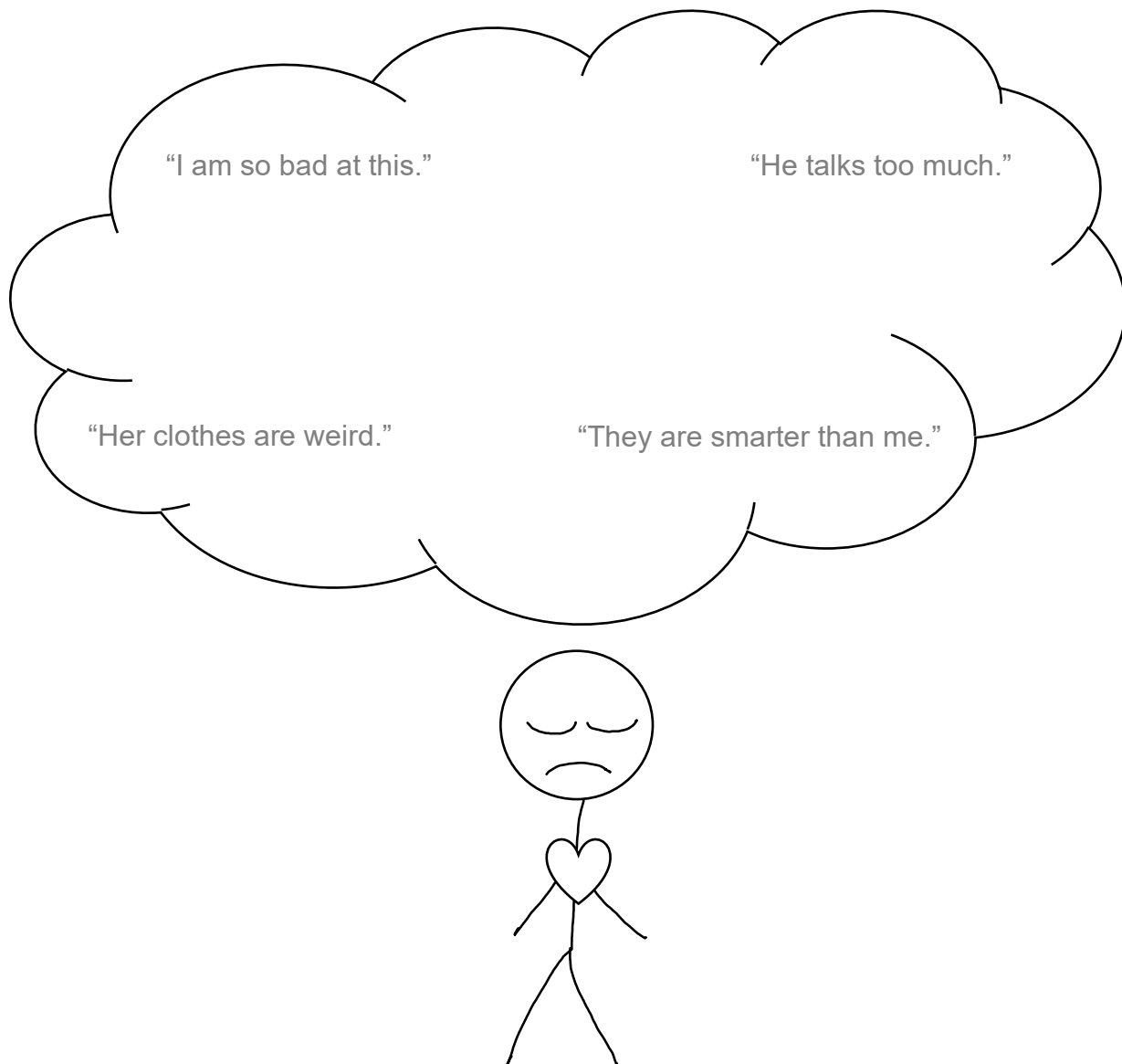


What do I hear my cloud say?

My cloud is talking to me when I am worrying about the past or future. Or when I feel worse or better than someone. I write what I hear my cloud say inside:



I don't have to believe my cloud. Most things it says are not true at all.



ashley mcintosh

Name: _____

Choose one thought from inside the cloud:

Thought: _____

How do I feel when I believe this thought?

If I didn't believe this thought, then:

How would I feel?

How would I act?

Without the thought, this would be me!
(draw above)

