

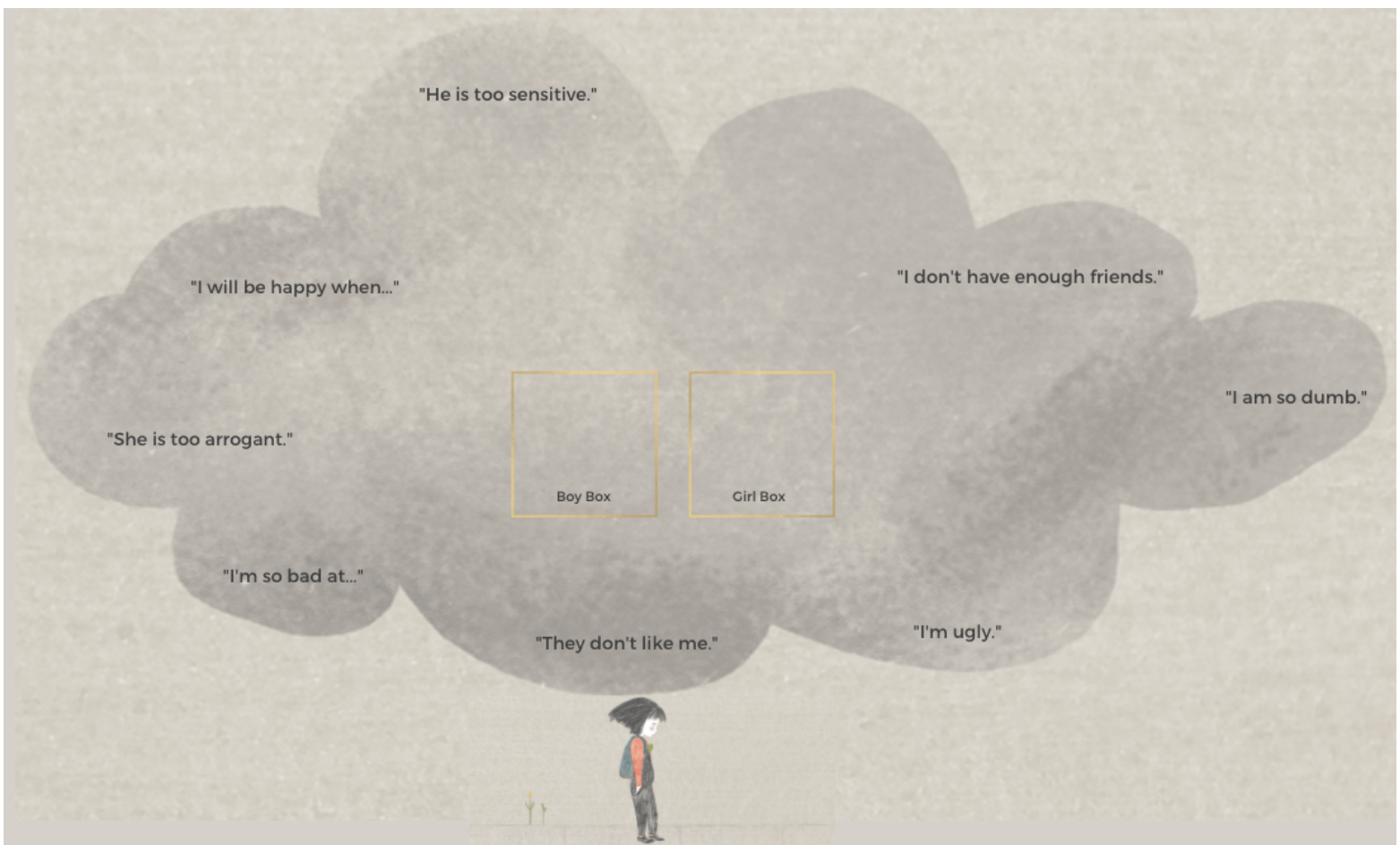
my name: _____



what do i hear my cloud say?

My cloud is talking to me when I am worrying about the past or future, when I feel worse or better than someone, or when I'm judging myself, others, or the world around me.

Inside the cloud below, write some things you hear the cloud say:



I do not have to believe my cloud.



Choose 1 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 a picture or write words)

