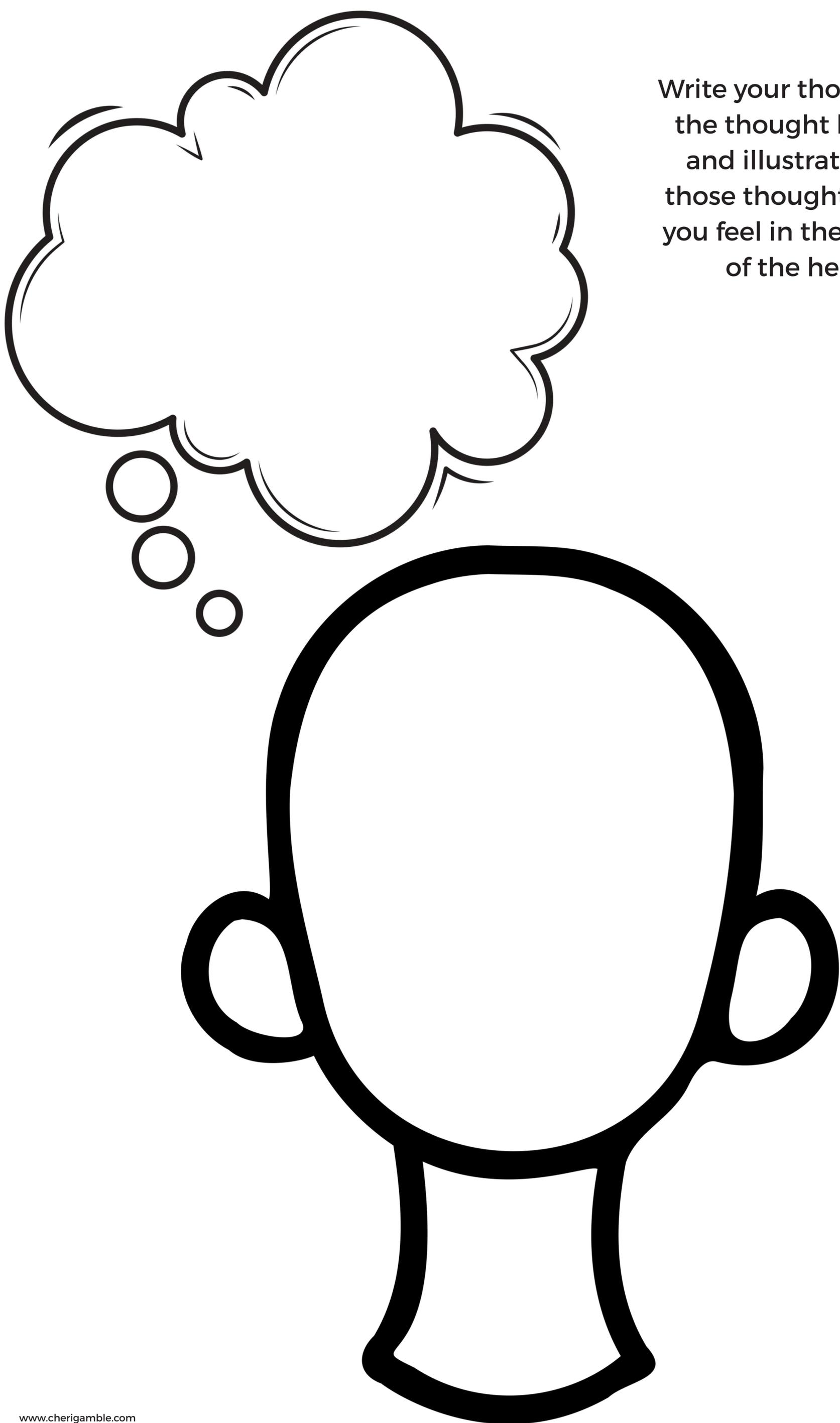


Write your thoughts in
the thought bubble
and illustrate how
those thoughts make
you feel in the outline
of the head.



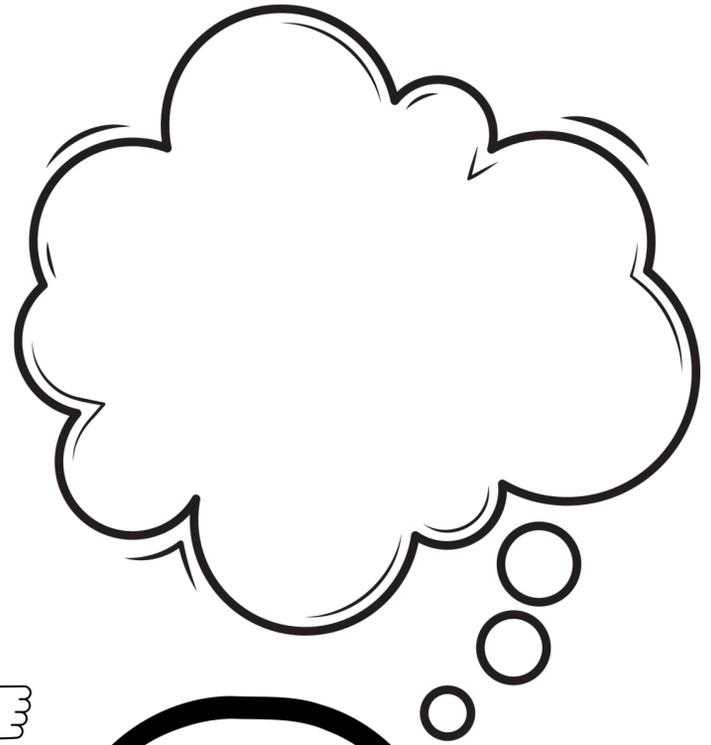
CHANGE

What is a change you are experiencing or will soon experience? Draw pictures to illustrate it or write about it in the box on the right.



What are some of the negative thoughts or worries you have about this change? Write them in the thought bubble on the left.

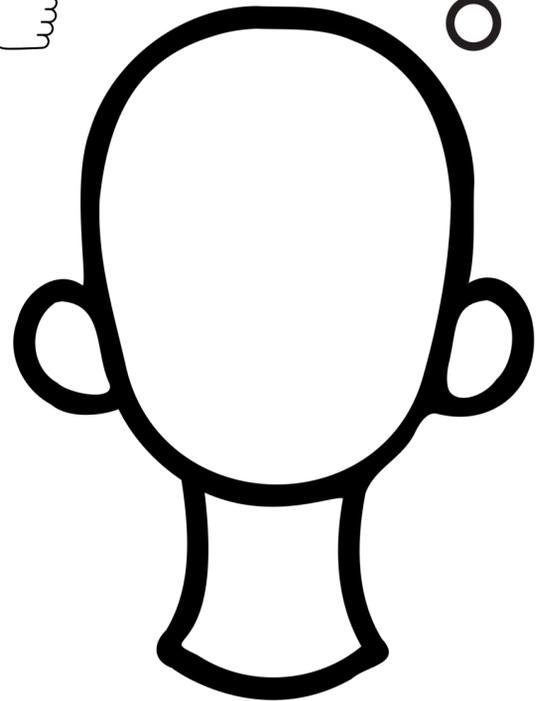
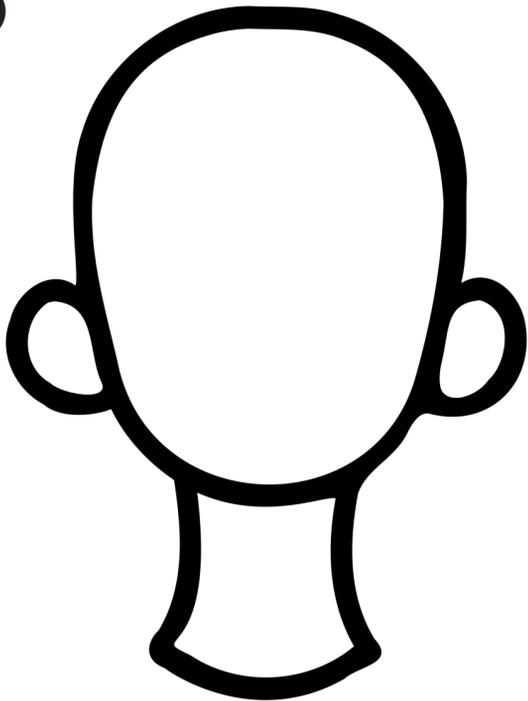
How do you feel when you are thinking those thoughts? Draw yourself and your feelings in the outline of the head.



What are some positive thoughts or good things that could happen as a result of this change? Write them in the thought bubble on the right.



How do you feel when you are thinking those thoughts? Draw yourself and your feelings in the outline of the head.



What are some things that will stay the same no matter what happens with this change?