



An Activator for Thoughts

Helpful and Unhelpful Thoughts

My Thoughts: are they helpful or unhelpful? Use the table below to fill in your unhelpful thoughts on the left side, and then fill in your helpful thoughts on the right side. Feel free to draw them, write them out, or cut out pictures from a magazine and paste them to a sheet of paper.

Questions to think about: How do the **unhelpful** thoughts make you feel? How do the **helpful** thoughts make you feel?

"Feelers": This is a good place to see those thoughts and learn to be aware of the "feelers". **"Feelers"** are thoughts that activate a belief in you. By practicing these feelings you can learn to control them, get rid of the ones that make you feel uncomfortable, and keep the ones that make you feel calm and happy.

P.S. Check out the "Thought Box" videos in the Journeys module to learn how to box up those unhelpful thoughts.

My **Unhelpful** Thoughts

My **Helpful** Thoughts