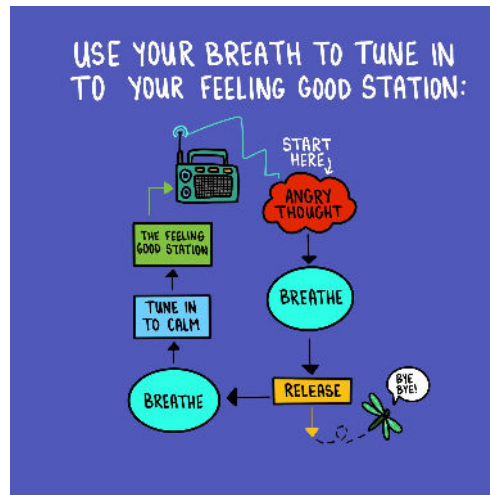




An Activator for Thoughts

The Feeling Good Station

Remember the Feeling Good Station from *A Book about Thoughts*? It's a special chart that shows you how to take your unhelpful thoughts and release them so you can feel better. Let's try to clear away those unwanted thoughts as best as we can. Use the blank Feel Good Station below with your own thought, then fill in the rest of the parts to show how to release the thought and tune in to calm again. If you need help, just look at the Feeling Good Station poster included below or on page 12 of the book.



THE FEELING GOOD STATION

