



Positive Thoughts

Draw a line from the negative feeling to a positive thought that can help you overcome it.

Frustrated

"I can get through hard things."

Anxious

"I have confidence."

Lonely

"I am brave."

Discouraged

"I'm proud of myself."

Disappointed

"I am a good friend."

Left out

"I am smart."

"I am strong."

"I believe in myself."

