



# CHANGING THOUGHTS

In the clouds on the left list some negative thoughts that you are having about a situation.  
In the clouds on the right list the positive thoughts you can have instead.

This worksheet is designed for a cognitive-behavioral exercise. It features a blue background with ten white, fluffy cloud shapes arranged in two vertical columns of five. The left column is associated with negative thoughts, indicated by minus signs (-) in yellow, orange, and pink. The right column is associated with positive thoughts, indicated by plus signs (+) in the same colors. The clouds are intended to be filled with handwritten text. At the bottom center, the website address 'www.challengechangeinc.com' is printed in white.