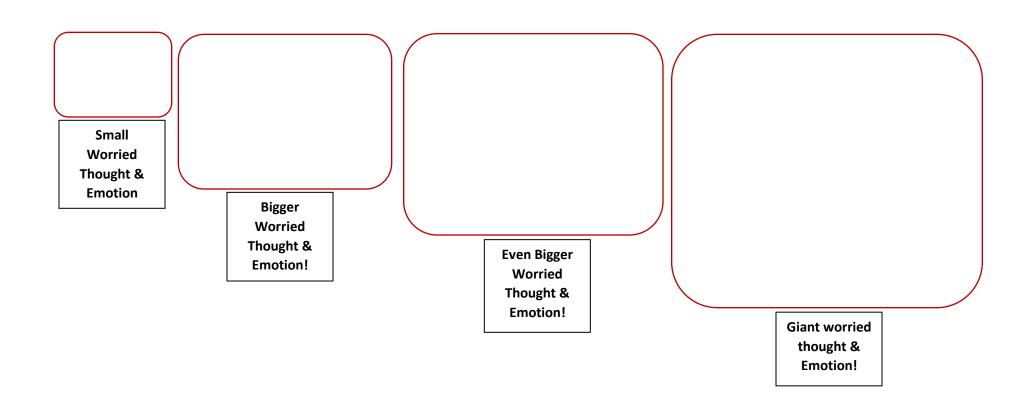


Taking Thoughts Captive



Which one of these thoughts can you challenge? Put an X through it, and then write a truer statement in this box! How does this change your reactions?