

Name: _____

Dealing with my sadness

6. To fight the sad thoughts, I could have tried these thoughts instead:

The form consists of three large, cloud-shaped thought bubbles arranged in a triangular pattern. Each bubble contains five horizontal lines for writing. To the left of the bubbles is a small, simple line drawing of a person's head and shoulders, facing forward, enclosed in a rectangular frame. The drawing is intended to represent the user's perspective.