

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, each containing five horizontal lines for writing. The bubbles are connected to a central point by a series of smaller circles of decreasing size. In the bottom left corner, there is a simple line drawing of a person's head and shoulders, enclosed in a rectangular frame, representing the person whose thoughts are being addressed.