

Name: _____

Dealing with my sadness

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

The worksheet contains three large thought bubbles, each with five horizontal lines for writing. The bubbles are connected to a small line drawing of a person's head and shoulders by a series of smaller circles of decreasing size, representing the flow of thought. The drawing is a simple outline of a person's head and neck, facing forward, enclosed in a rectangular frame.