

My Timeline

Stressors:

Negative Automatic Thoughts

Ways that I know I am still feeling down...

- 1.
- 2.
- 3.
- 4.

Past *Future*

Present

When I feel sad, I notice ...

- 1.
- 2.
- 3.
- 4.
- 5.

Coping Skills & Positive Self Talk

Obstacles & Future Challenges:

Things I do well.....

1.	4.
2.	5.
3.	6.

Self Beliefs

☆☆☆ My Goals ☆☆☆☆☆

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