

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 line drawing of a person's head and shoulders by small circles of varying sizes, 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.