

Name \_\_\_\_\_



## Thought Turnaround

**Directions:** Read each negative thought below. Then rewrite it into a balanced and positive thought that helps you cope in a healthy way. Use the example to guide you.

**Example:**

- Negative Thought: It's my fault.
- Positive Thought: I did my best, and it's okay to feel sad.

1. **Negative Thought:** I'll never feel better again.

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2. **Negative Thought:** No one understands how I feel.

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3. **Negative Thought:** I shouldn't talk about my feelings.

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4. **Negative Thought:** I can't do anything without them.

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5. **Negative Thought:** Being sad means I'm weak.

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