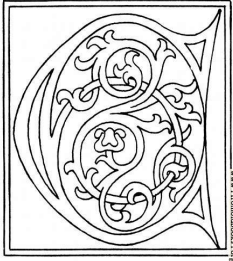


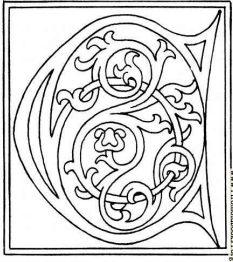
Activities I can do that require me to focus:

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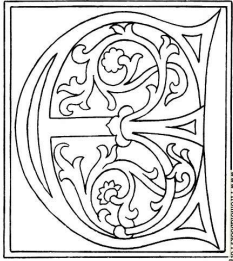
Contributions I can make to others, like random acts of kindness or volunteering:

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Comparing this situation to others in my past, or situations other people are in, I recognize:

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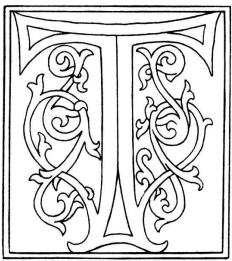
Emotions are influenced by my thoughts and behaviors. I can change my sadness, anxiety, anger, or depression into happiness, peace, calm, and joy by thinking and doing this:

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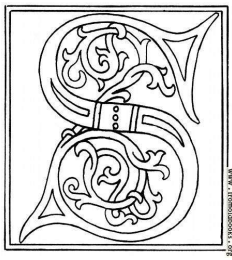
Pushing away negative thoughts is easier when I imagine:

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Thoughts can be changed by noticing the things around me, meditating, or other distractions, like:

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Sensations that I can use to disrupt negative thoughts/emotions are: