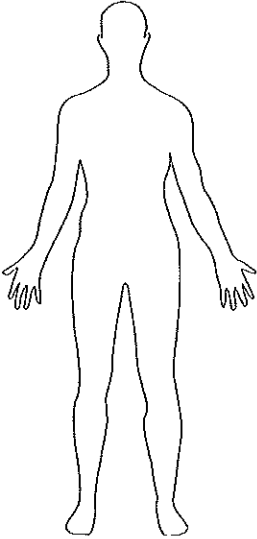


# Connecting with Your Body

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Connect how your thoughts align with feelings and body responses. Describe a situation in which you felt depressed or worried. Write a negative or sad thought you had in that situation. Use a color to indicate how your body felt in the situation. Positively reframe the thought. What coping skill could be used to help you feel better? Color the second body diagram to show how your body might feel after using a coping skill.

<p>Sad Thought:</p> <p>Emotions Experienced:</p> <p>Where Do I Feel Sadness?</p>	
<p>Positive Thought:</p> <p>Coping Skill Used:</p> <p>What Feels Better?</p>	