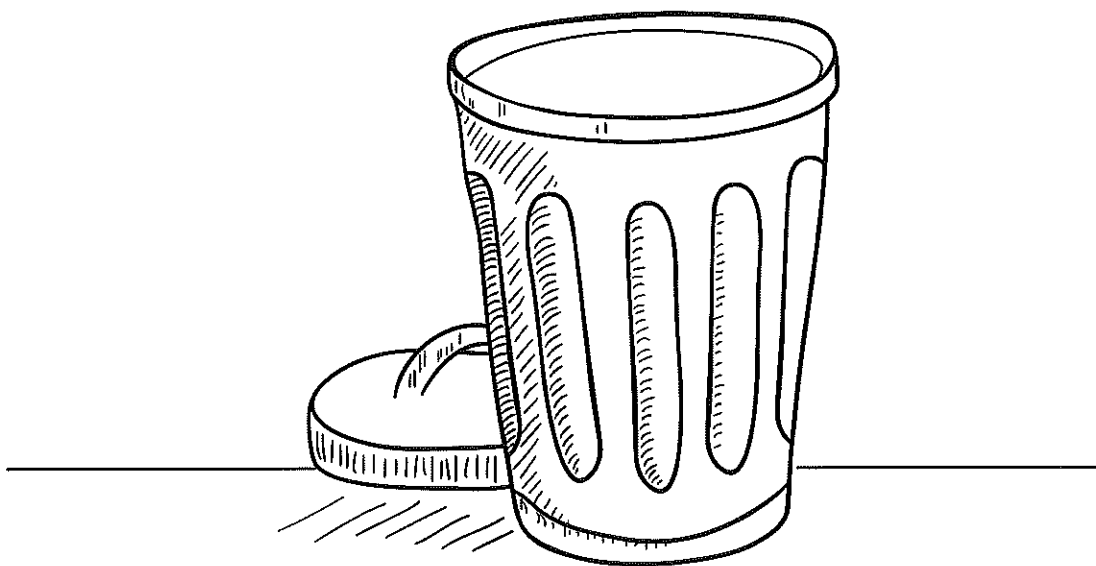


Cleaning Up Negative Thoughts

1. Write down a negative or long-lasting thought that is bothering you.
2. Crumple up the paper.
3. Say something positive to yourself.
4. Imagine throwing the negative thought into the trash can picture to relieve yourself of it.



TRASH CAN