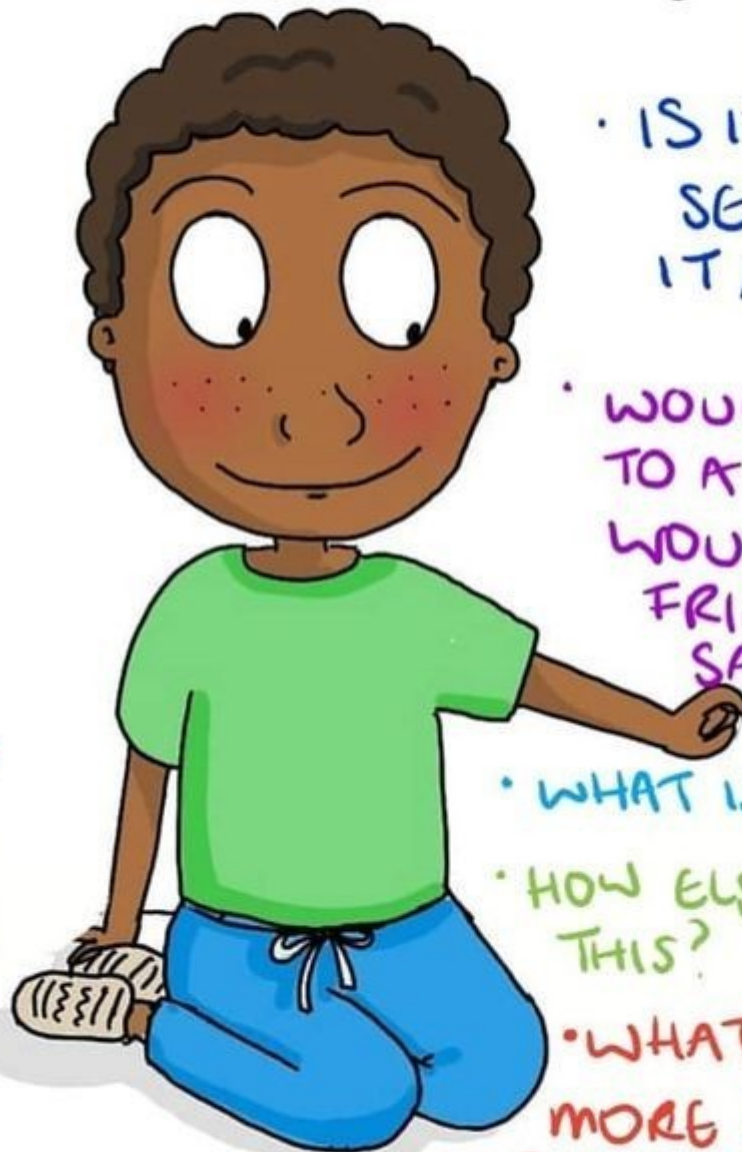


# WAYS TO CHALLENGE UNHELPFUL THOUGHTS:

@journey-to-wellness-



- IS IT TRUE? NO, SERIOUSLY... IS IT A FACT?
- WOULD I SAY THIS TO A FRIEND? WHAT WOULD I TELL A FRIEND IF THEY SAID THIS?
- WHAT IS MORE LIKELY?
- HOW ELSE COULD I VIEW THIS?
- WHAT WOULD A MORE COMPASSIONATE THOUGHT SOUND LIKE?