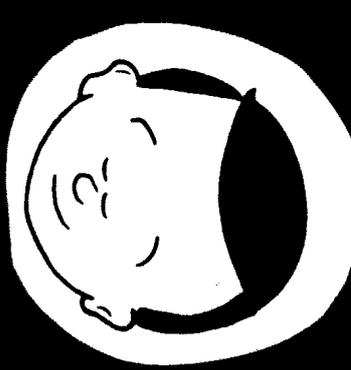
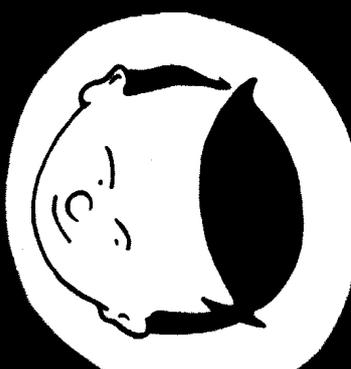
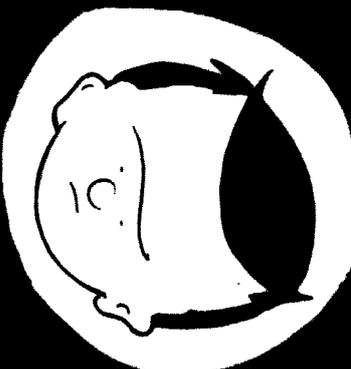


**Worst**  
**Bothers alot**

**Bad**  
**Bothers abit**

**Neutral**  
**Doesn't bother**

**10**   **9**   **8**   **7**   **6**   **5**   **4**   **3**   **2**   **1**   **0**



**Completely**  
**false**

**Not**  
**sure**

**Completely**  
**true**

**1**   **2**   **3**   **4**   **5**   **6**   **7**

# GOOD THOUGHTS AND BAD THOUGHTS FOR CHILDREN

## Bad thoughts (NC)

I'm bad  
I'm in a fog  
I'm going to blow  
I'm going to explode  
I'm hot  
I don't belong  
I am stupid  
I am dumb  
I'm sick  
I can't do it  
I'm hurt  
I don't understand  
I can't get help  
I should have known better  
  
I messed up  
I don't know anything  
I'm dieing  
I'm hungry  
I'm not lovable  
I'm fat  
I'm lost  
I'm uncomfortable  
I am uncomfortable in my skin  
I'm not safe  
I can't protect myself  
I don't have control  
I can't trust

## Good thoughts (PC)

I'm good  
I'm in a clear place  
I'm calm  
I'm calm  
I'm cool (as a cucumber)  
I do belong  
I'm smart  
I'm smart  
I'm all better  
I can do it  
I'm better  
I do understand  
I can get help  
I do the best I can  
(I can learn)  
I did the best I could  
I do know  
I'm alive  
I'm satisfied  
I'm lovable  
I'm just right  
I found my way  
I am comfortable  
I fit in my skin  
I'm safe now  
I can protect myself  
I do have control  
I can trust