

LETTING GO OF NEGATIVE THOUGHTS

Your feelings are okay. It's what you do with your feelings that makes them either helpful or unhelpful. Sometimes when you allow negative thoughts to repeat in your mind, the emotions associated with them become stuck and continue to grow, causing them to be difficult to manage.



Feeling:

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What is causing me to feel this way?

What negative thoughts are preventing me from letting go of this feeling?

How can I either change the situation or cope with it?

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Feelings are just visitors, let them come and go.  
- Mooji  
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