

# Replacing Negative Thoughts

*I tell myself:*

Now I'm different. I'm a bad person.

*I'll change those thoughts and tell myself:*

I learned to handle a lot. I'm strong and know what's important.

*I tell myself:*

Others are dangerous. I can't trust those people.

*I'll change those thoughts and tell myself:*

Lots of people haven't hurt me.  
People care about me and protect me.