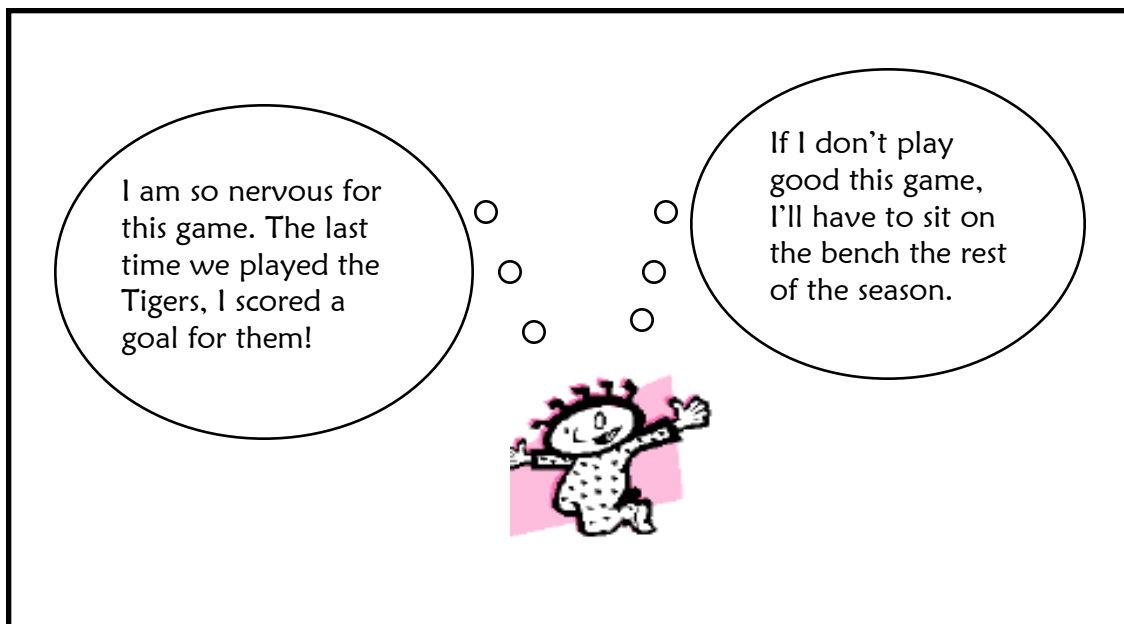
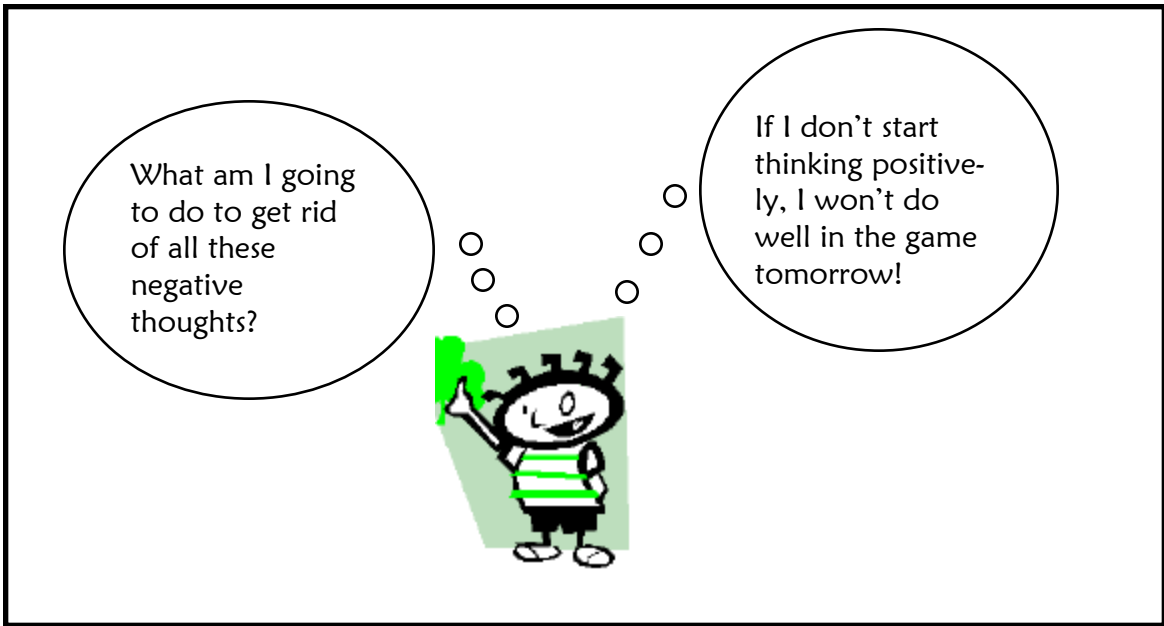


Take Action to Feel Better!



Resource: Taking Action.
CBT+



What are some positive actions Ralph could do to get rid of his negative feelings and thoughts?