



Please fill out each question below....

1. What challenge or negative thought are you facing right now?
 - a. How can you turn this negative thought into a question?
 - b. Who could help you overcome any stress that you are dealing with in connection to this negative thought?

2. Do you think that it is normal for humans to struggle with negative thinking?
 - a. Can you give an example of a friend, family member, or fictional character that overcame negative thoughts? What strength did they uncover?

3. What is one of the most difficult things you have had to deal with in the past?
 - a. What skill or strength did you use to overcome that situation?

 - b. How did you grow from it?