

Name Your Truth

1. Identify your thoughts about your circumstance(s)

2. What are you really feeling? (Anger, Resentment, Regret, Jealousy, Alone)
Feelings that are left unhandled become bigger problems. Anger left unhandled becomes dAnger.

3. What behaviors have your feelings and thoughts produced?

Label Replacement

Replace each negative label with a positive label.

Negative Label	Positive Label
Negative	Positive
Negative	Positive
Negative	Positive
Negative	Positive



