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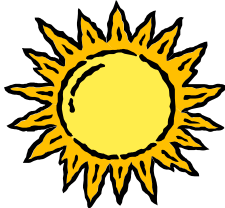
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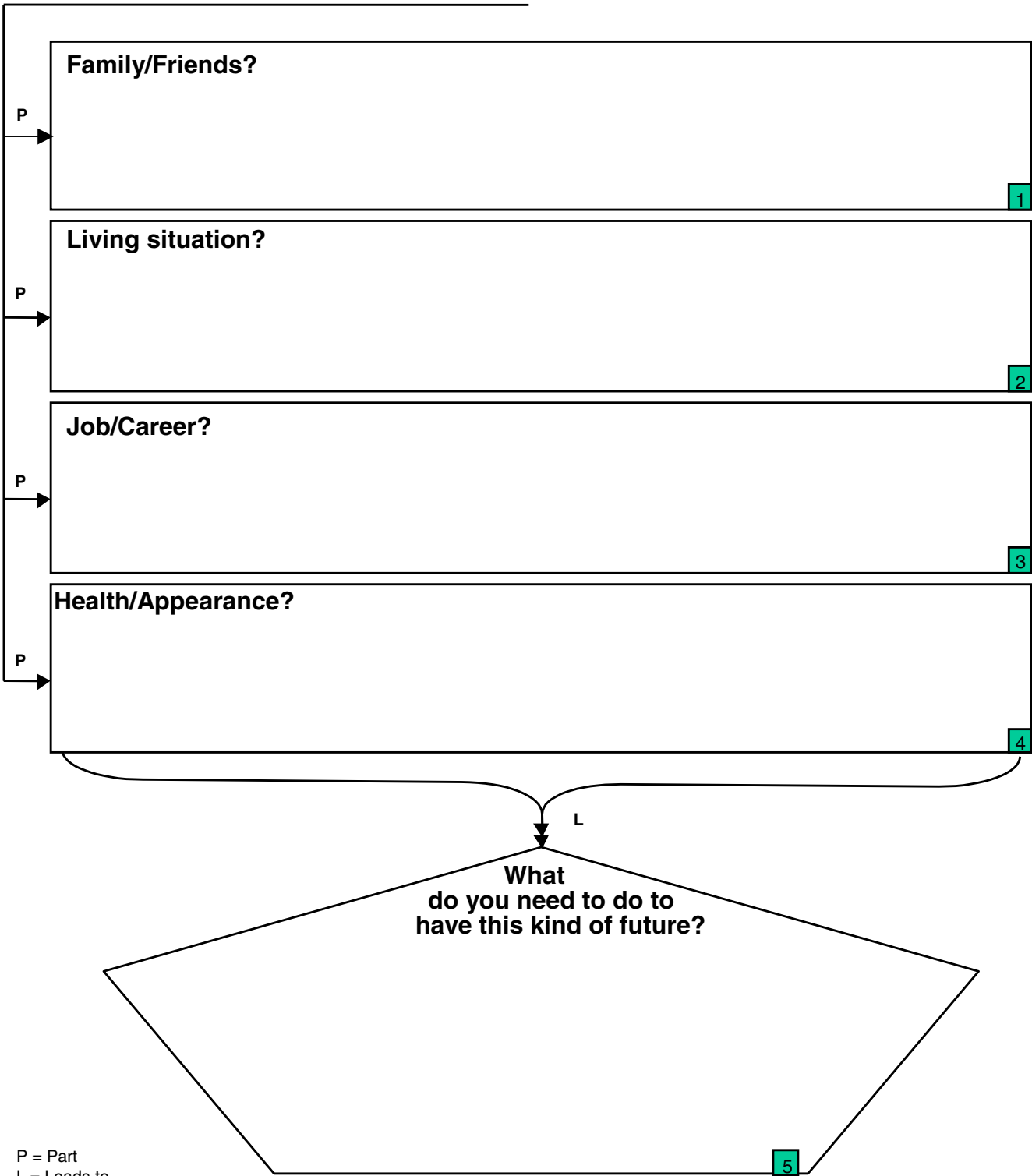
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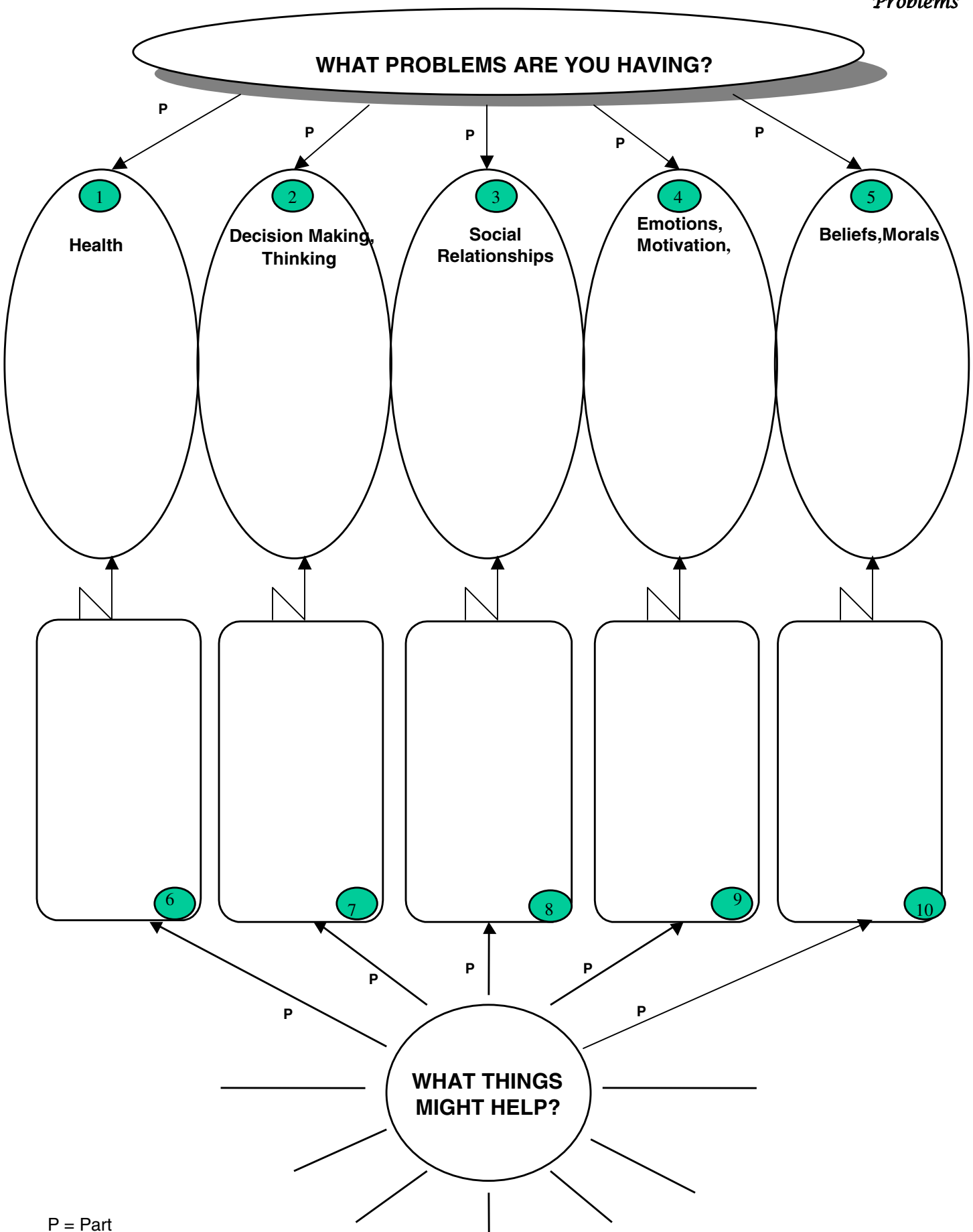
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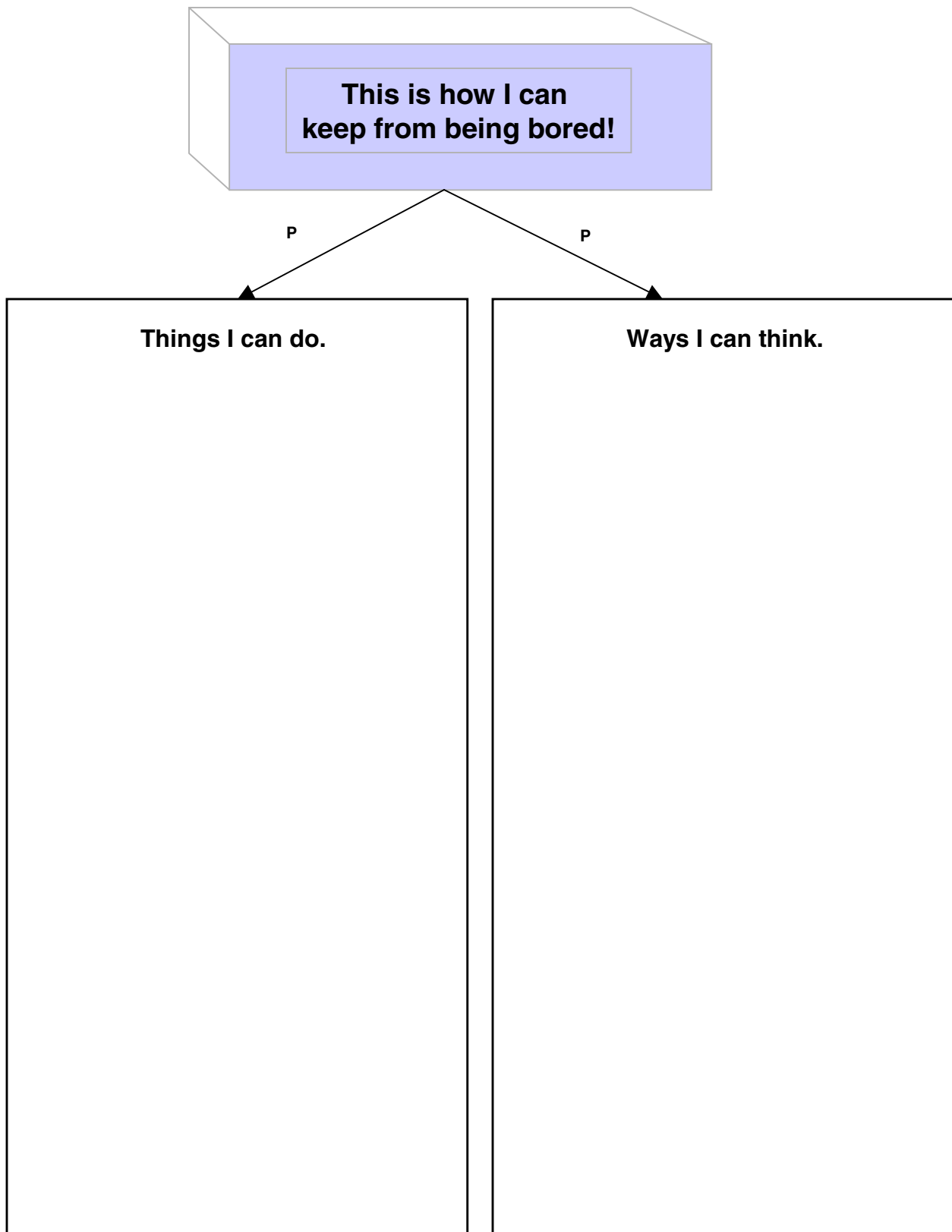
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WHAT DO YOU SEE WHEN YOU PICTURE A POSITIVE FUTURE FOR YOURSELF?







P = Part

These are the things that led me to feel the way I do.

2



This is how I would describe my attitude about _____ :

1

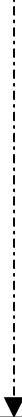


This is how having this attitude influences me and my actions.

3

Co

Co



This is what I would do to make my attitude more negative.

4

This is what I would do to make my attitude more positive.

6



This is how having a more negative attitude would influence me and my actions.

5

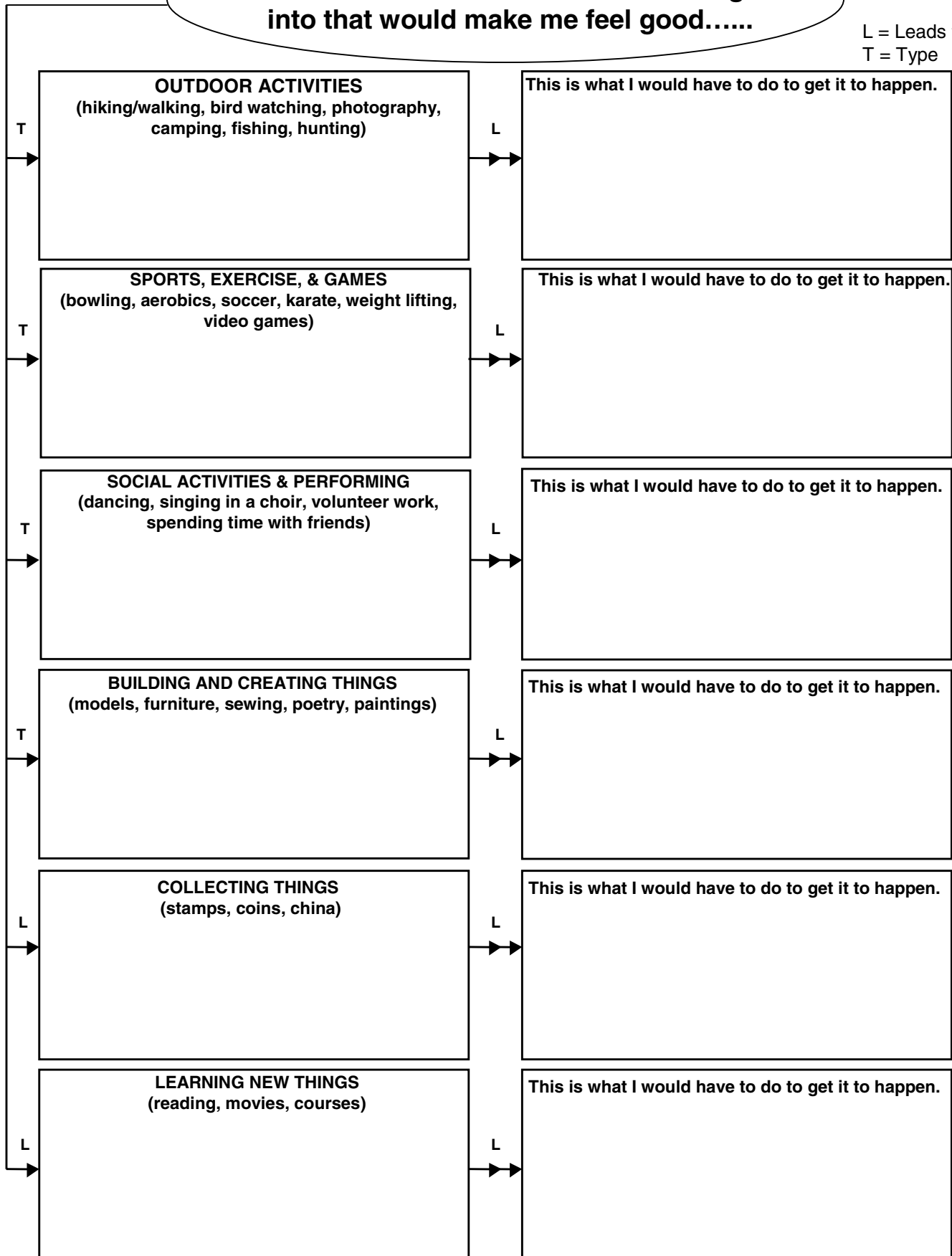
This is how having a more positive attitude would influence me and my actions.

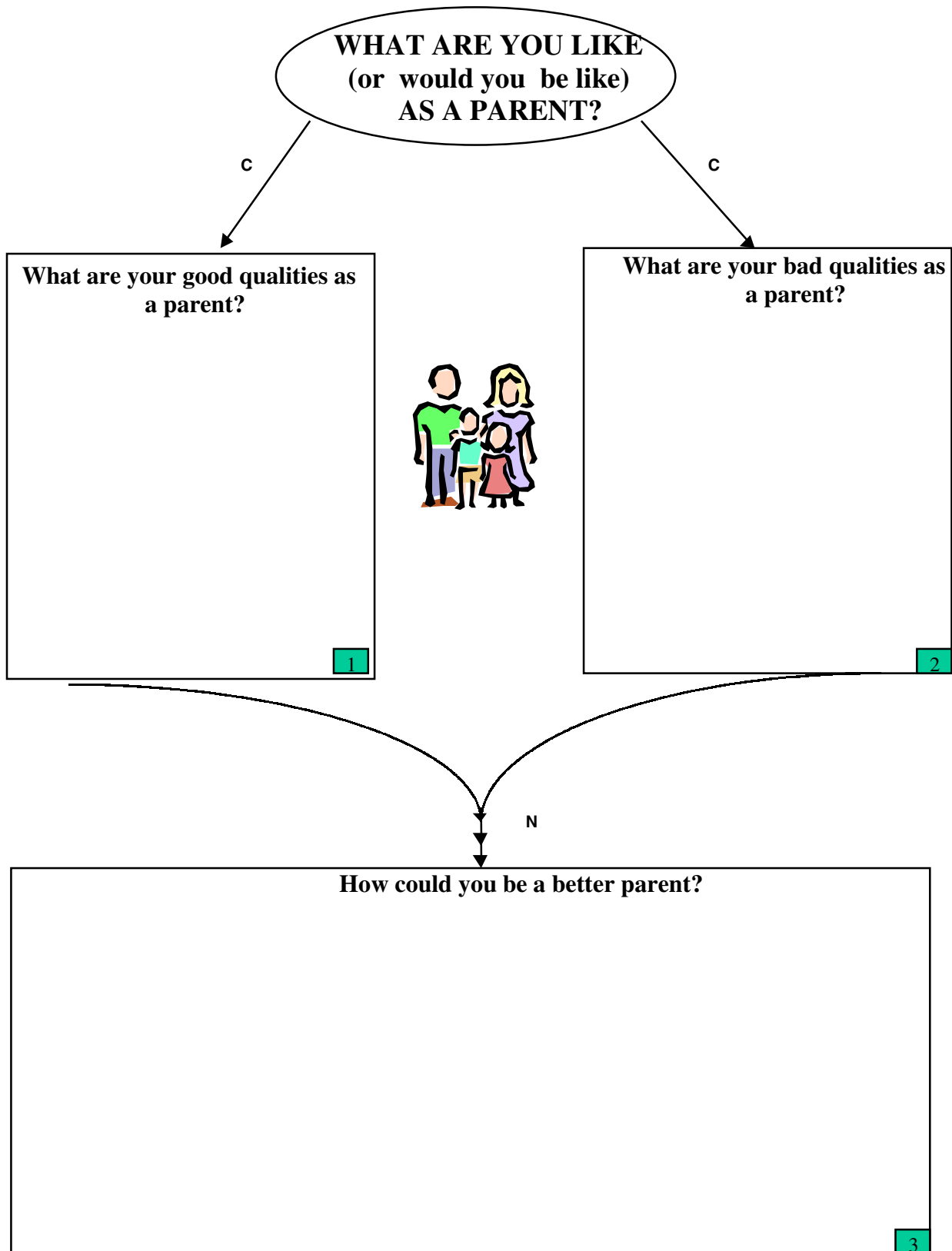
7

L = Leads to
Co = comment

There are some activities that I could get into that would make me feel good.....

L = Leads to
T = Type





C = Characteristic
N = Next

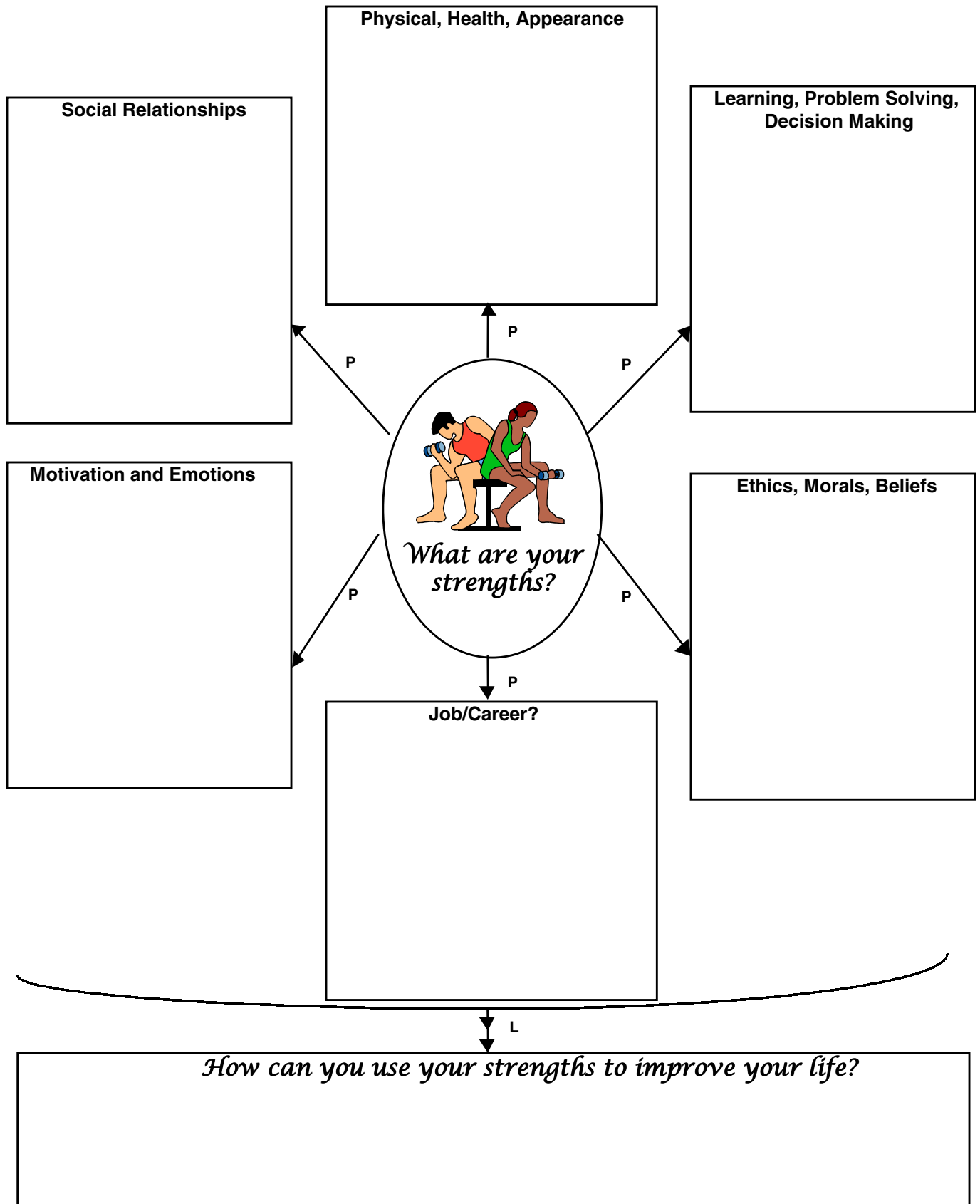
This is a **useful idea or insight**
that came to me during the last week.



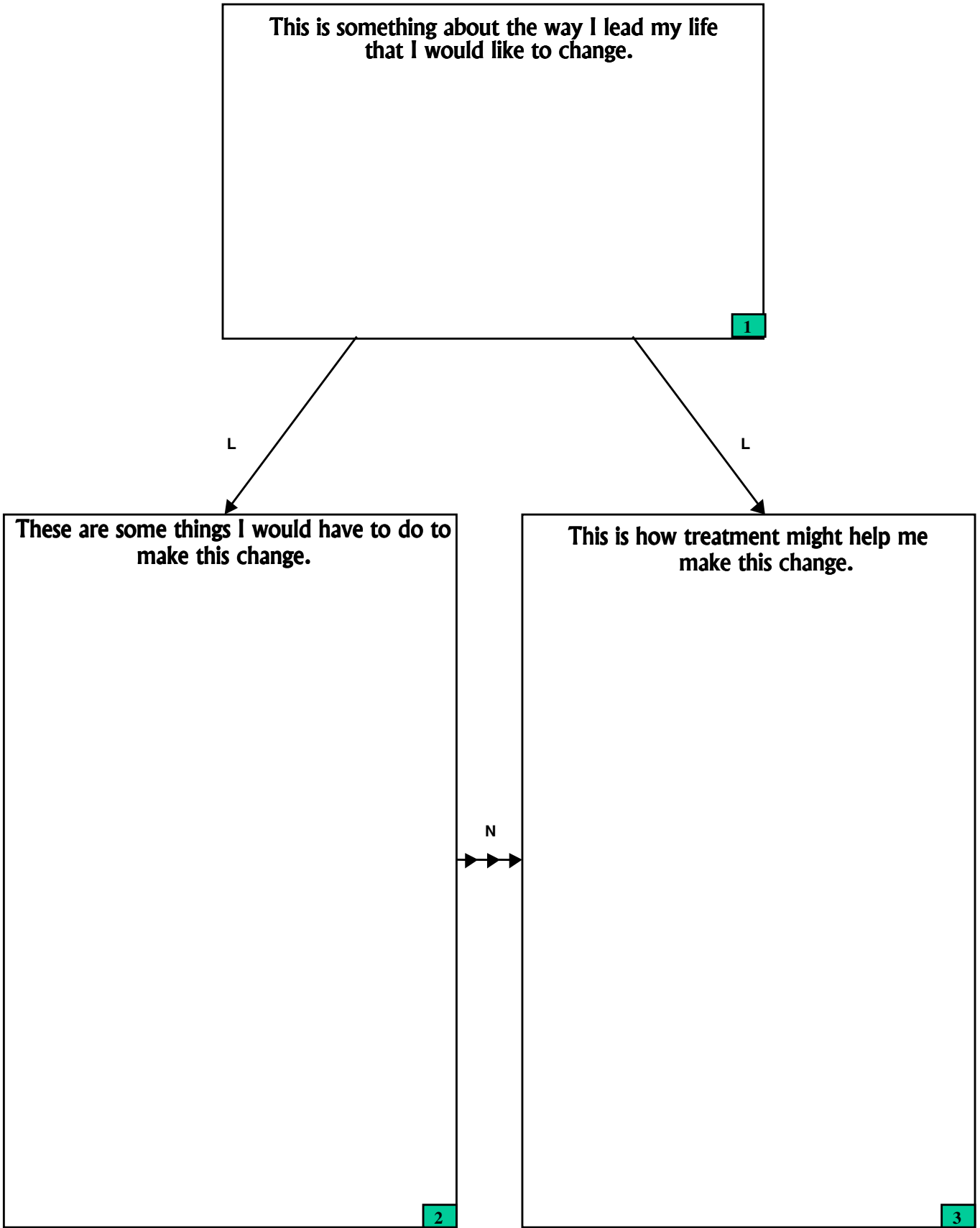
L

L = Leads to

These are some ways I might use this idea or insight in my life.



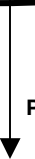
P = Part L = Lead to



L = Leads to N = Next

Magic Change Map

If I could MAGICALLY CHANGE things about myself, this is what I would do.



I would make these changes in how I deal with other people.



I would make these changes in how I think and feel about myself.



I would make these changes in how I handle my moods and feelings.



I would make these changes in my personal habits.

P = Part

Prior Change Map

This is one way that I changed for the better during the last 5 years.



P

This is why I changed.

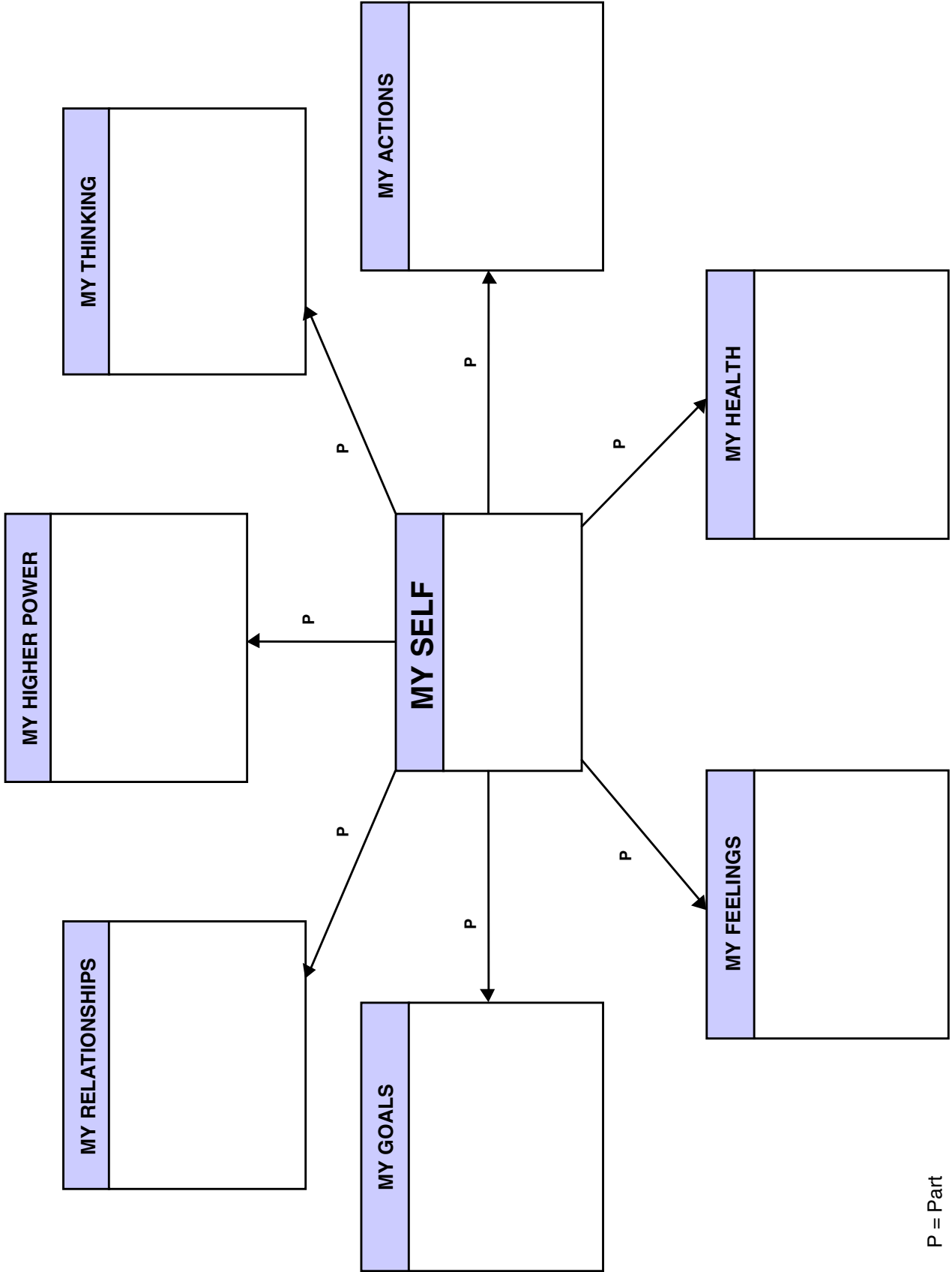
P

This is what I did to help myself change.

P

These are some things I learned about making changes in myself.

P = Part



P = Part

THINKING AND FEELING

Feelings

Four empty rounded rectangular boxes arranged horizontally, intended for recording feelings.

The Situation

A large rectangular box with a vertical line on the left side, intended for describing the situation.

Thoughts

Four empty rounded rectangular boxes arranged horizontally, intended for recording thoughts.