

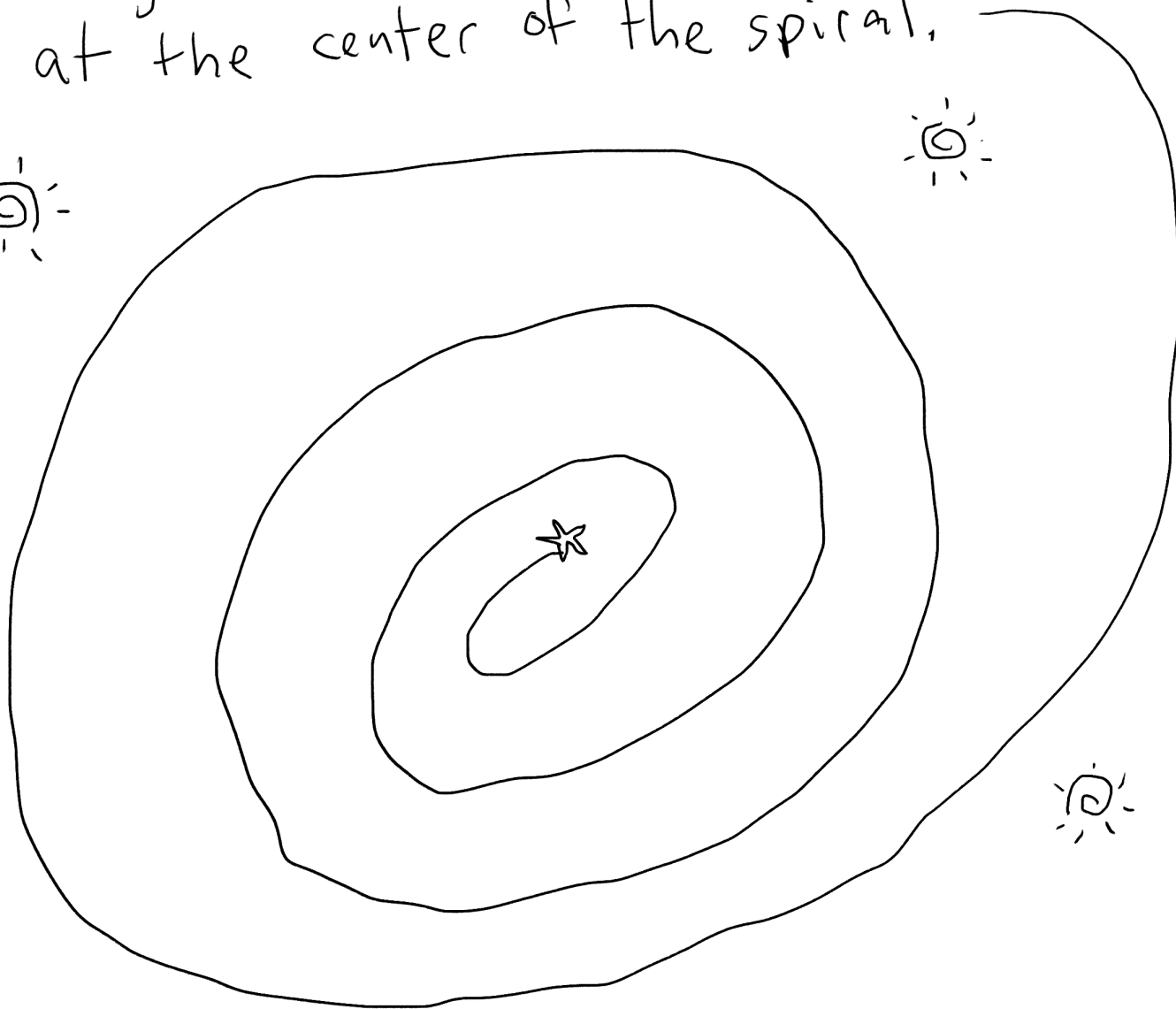
Have Unwanted Thoughts?

[Research](#) shows writing down and throwing away your negative thoughts can help get rid of them.

Use the fun worksheets below to practice getting rid of unwanted thoughts!



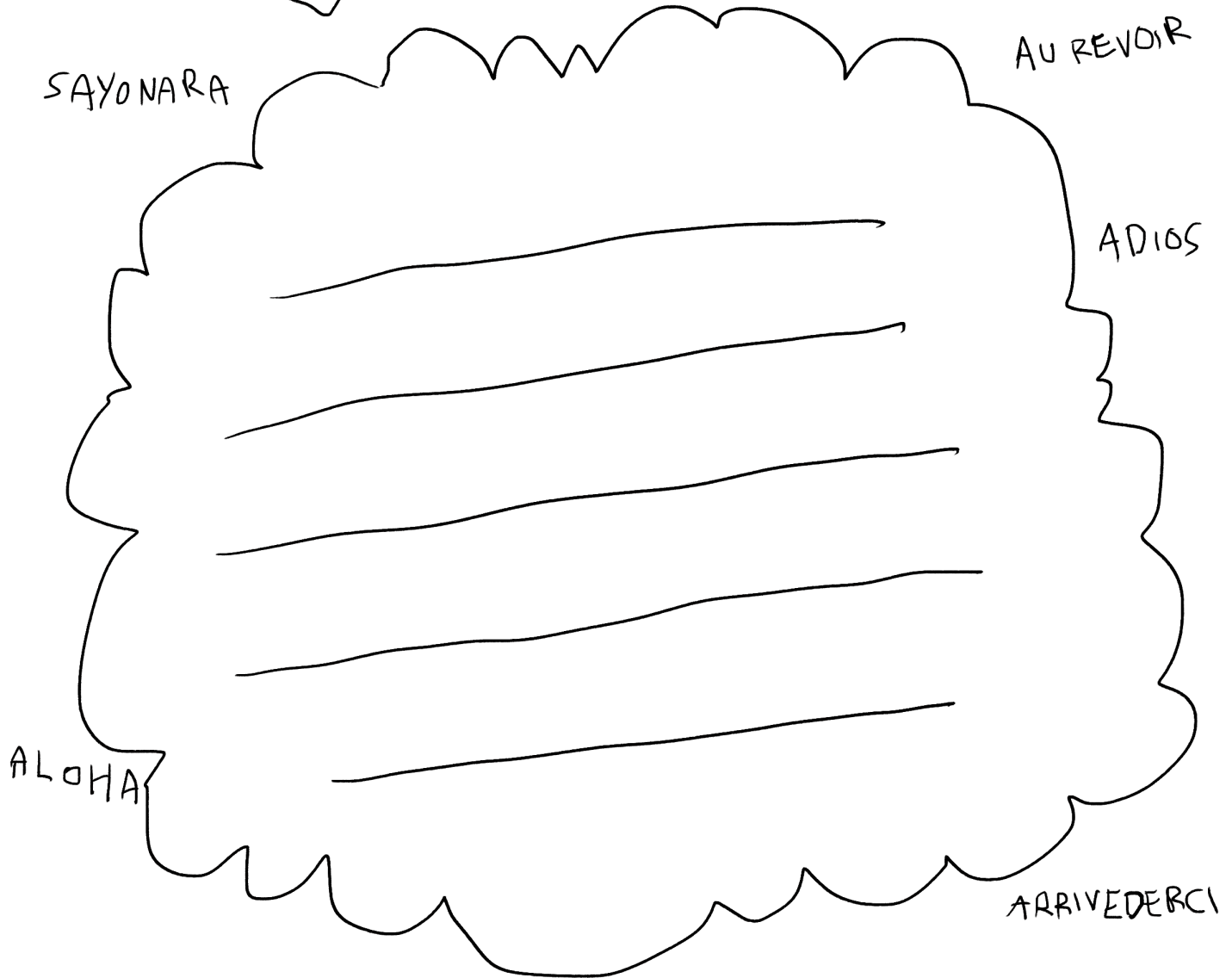
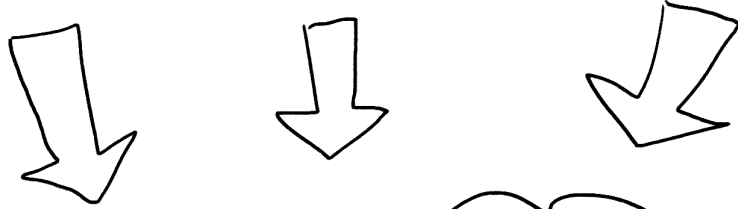
Write your thought along the
spirals. Keep writing the same
thought over and over until you
at the center of the spiral.



Rip this page up
and throw it away!



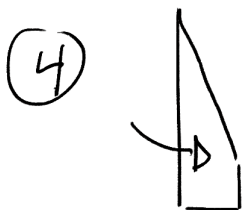
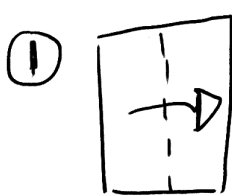
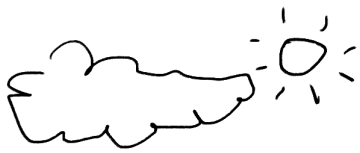
Put your UNWANTED THOUGHT here



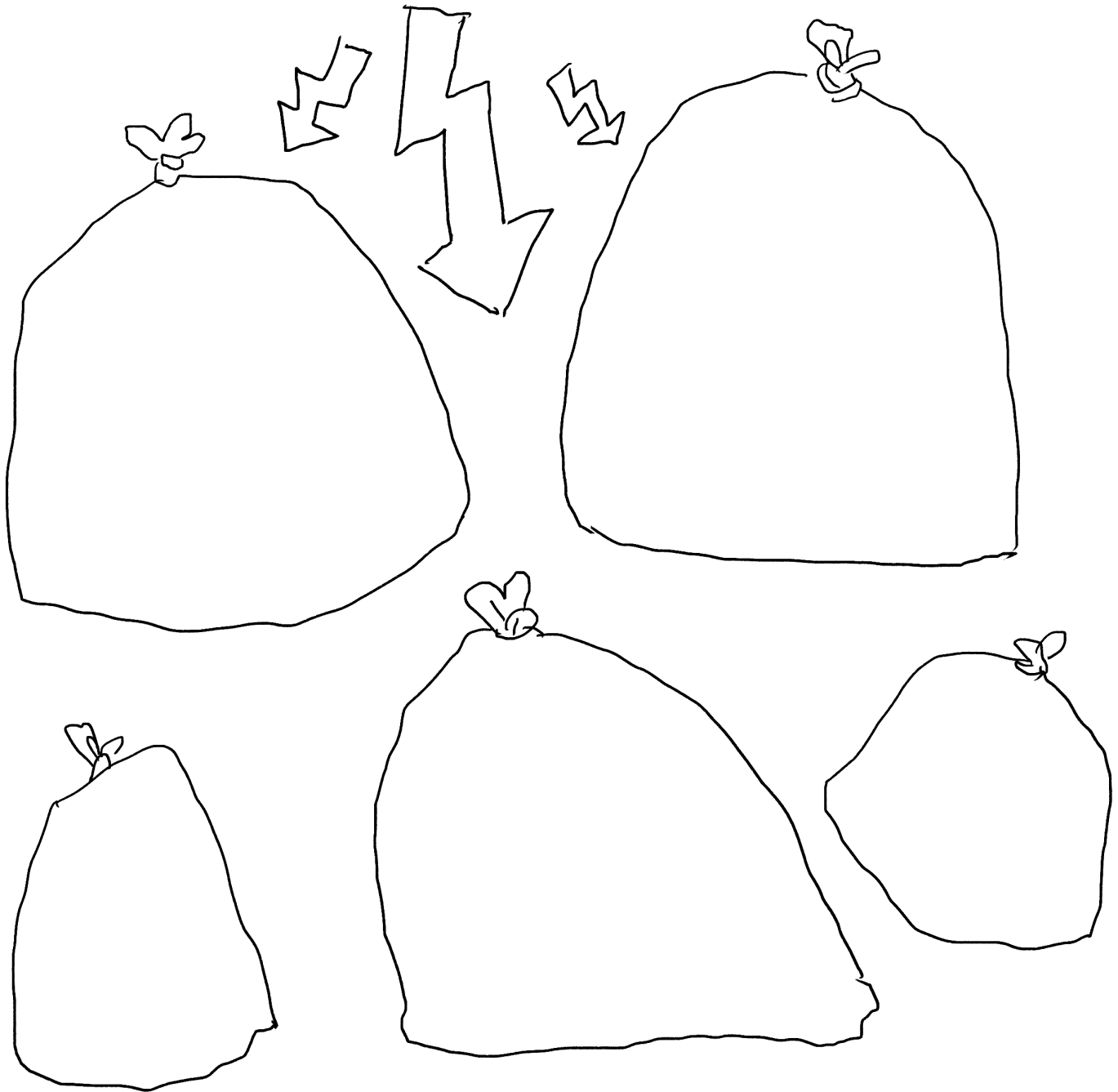
Say "GOODBYE" to this thought
in 5 different languages

Write your Unwanted thought here:

fold this paper into an airplane
and send your thought soaring!



Write your **UNWANTED THOUGHTS**
in the trash bags below!



Tear up the page and throw out
the garbage!