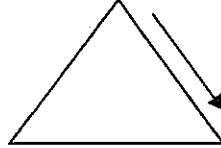


YOU CAN CHANGE THE WAY YOU THINK

Now let's imagine the same situation. You walk into the cafeteria and see two of your friends. As soon as they see you, they start laughing really hard. Can you think of another thought that you may think? Maybe a thought that was more accurate, or less negative?

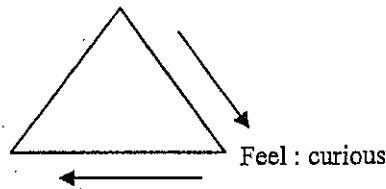
- You might say "someone must have just told a funny joke." that's a thought.

Thought: Someone just told a joke



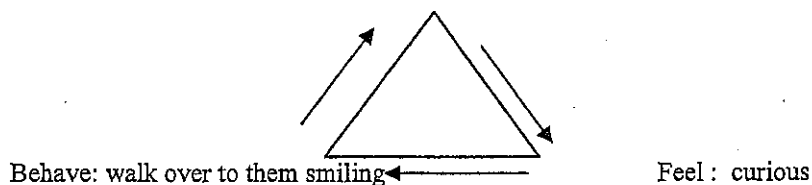
- What do you think you would *feel* if you *thought* your friends were laughing at you?

Thought: Why are they laughing at me?



- How do you think you would behave?

Thought: Why are they laughing at me?



We just took the same situation, but wound up with very different feelings and behaviors just by the way we think about the situation. Sometimes it can be very difficult to find a different, more accurate, or more helpful way of thinking, but it's definitely worth it to try.