## **MY ANXIOUS THOUGHTS**

Find a safe space where you can sit and take a few deeps breaths. Gently observe your thoughts, be curious about what is underneath them. Practice compassion throughout this process. Honor where you are and focus on what you want to experience.

	The Thought		Fa	cts to Support This		
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What's underneath this?						
What is it really trying to tell me?						
	How can I reframe this thought?					