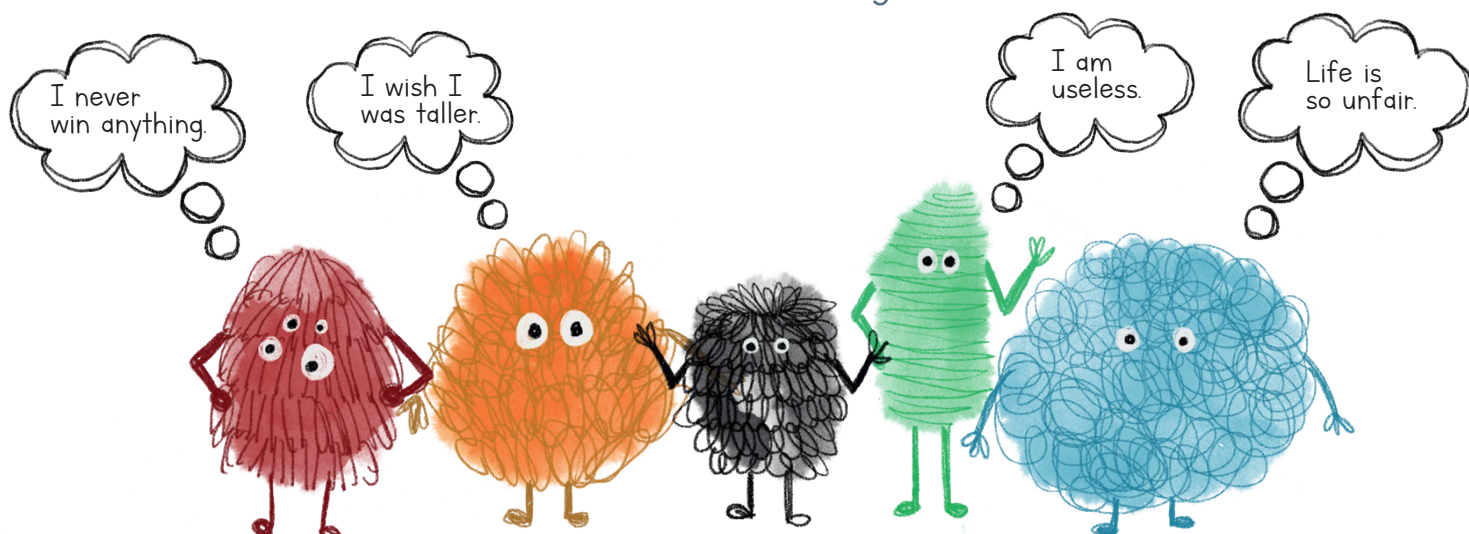


Thought Gremlins

A thought gremlin is an unhelpful thought that focuses on the negative.



Steps to calm a thought gremlin.



See the gremlin



Click your internal pause button



Take a deep breath and then...



Challenge the gremlin

Challenge the gremlin

