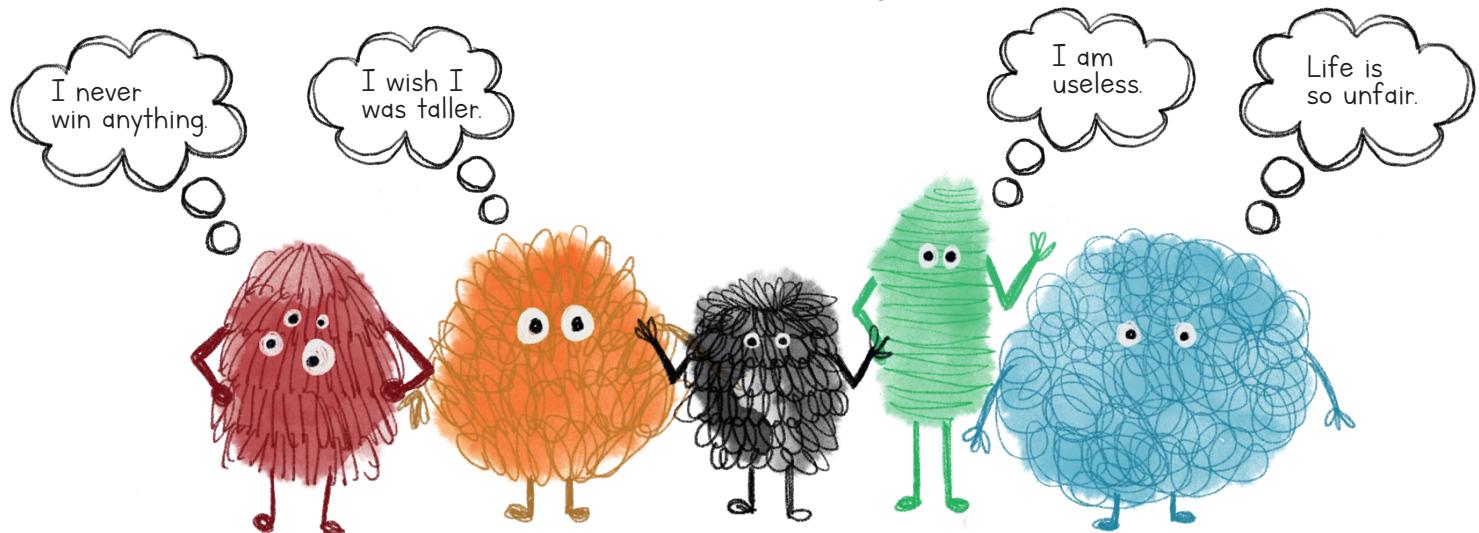
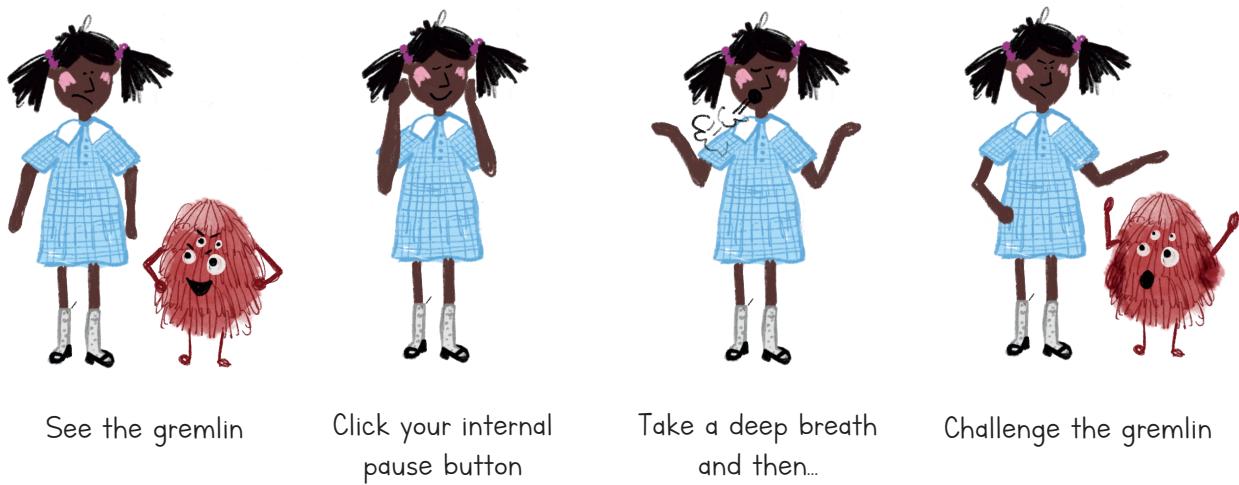


Thought Gremlins

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

