

## HANDOUT TO PRINT

### Pros and Cons?

Letting yourself be influenced...	Asserting yourself...
Advantages (pros)	Advantages (pros)
Disadvantages (cons):	Disadvantages (cons):



## HANDOUT TO PRINT

### The influence of your thoughts

## What is the situation?

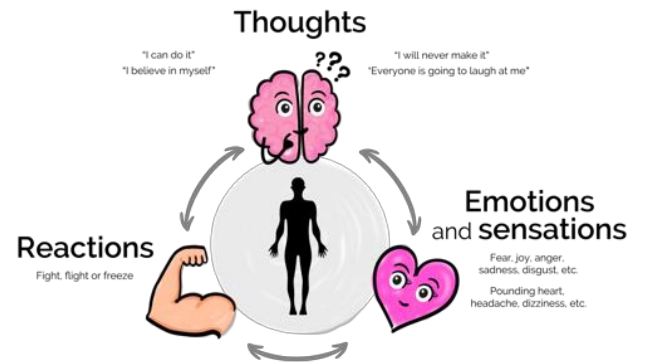
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In this situation, what are your thoughts (what you say to yourself)?

What's happening in your body  
(physical sensations)?

How do you feel (emotions)?

What are you doing (reactions)?

## Is there another way of looking at this situation?

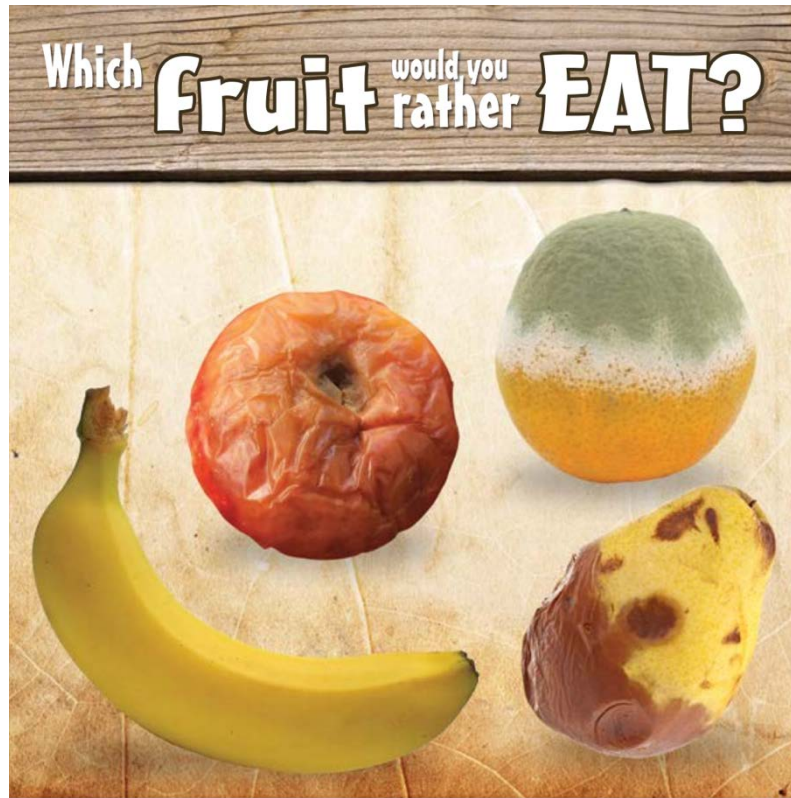
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## HANDOUT TO PRINT

Which would you like to eat?



Every day, we make choices when it comes to eating: these have consequences on how we feel and how strong we are through the day. What is at least equally important if not more, are the choices we make on how we treat ourselves in the privacy of our mind. If we pick well the words we tell ourselves, we will feel good. If however we tell ourselves we're terrible and not worthwhile, chances are, we won't feel very strong in the end. The same about how we treat others: if we call them names and judge them for the smallest mistake, like the bad orange or apple, our relations will rot!

How do you feed your mind? How do you feed your relations? Maybe it's worth taking a minute to think about it.

A wonderful metaphor to share with children!

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## HANDOUT TO PRINT

Feed... my thoughts!

**What's the situation?**

**In this situation, what helpful thoughts could I adopt?**

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