

## Journal #9

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Keep track of problems or irritations that you encounter these next two weeks. Practice using your positive self-talk command and/or the invisible step when you encounter a problem.

- Tell about a problem that you decided to ignore. Explain what happened.
- OR
- Tell about a situation where you used your positive self-talk command to calm down. How did it work?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.