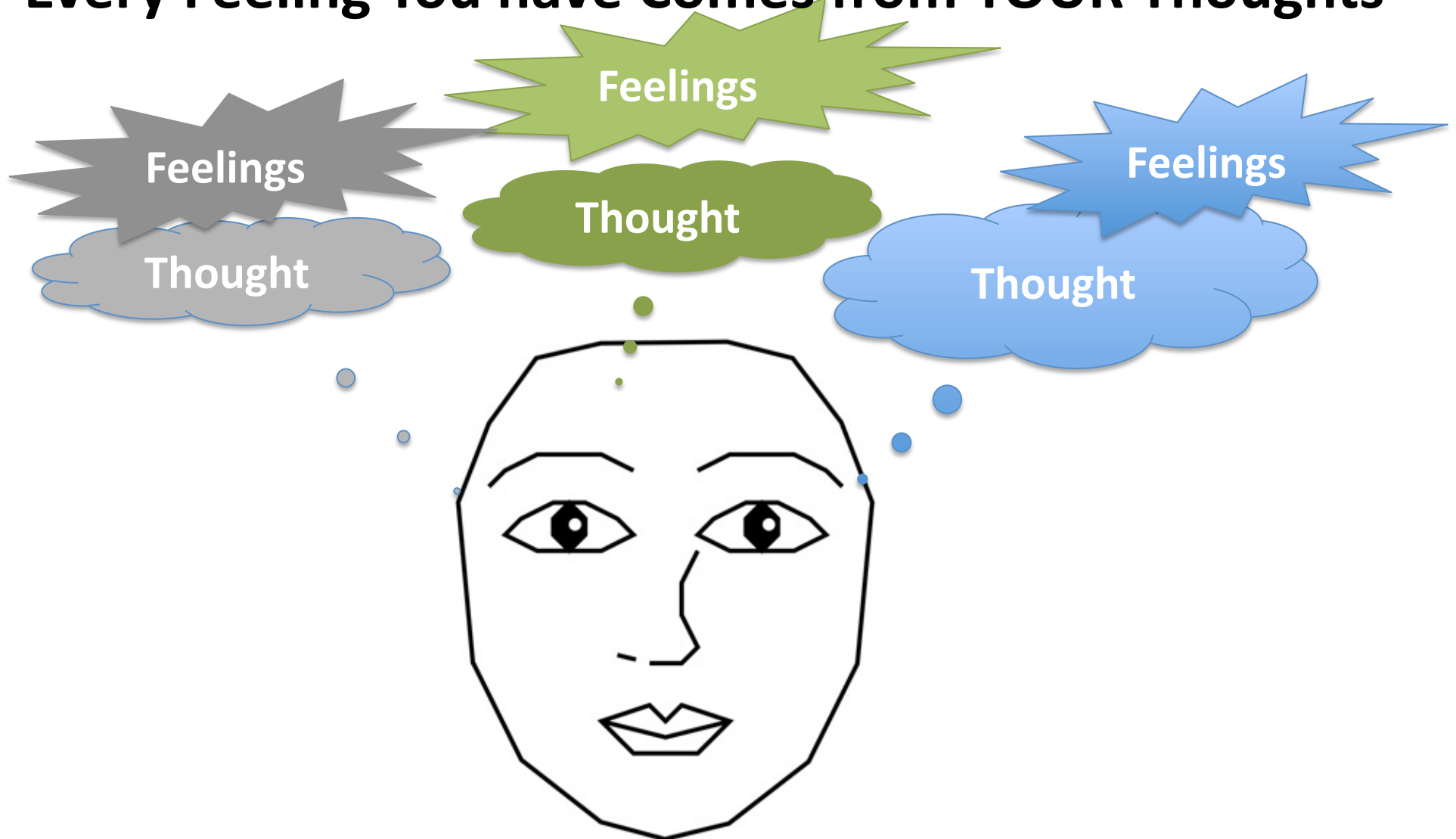


How to Get Rid of Stress



Every Feeling You have Comes from YOUR Thoughts



**You can't have a feeling without first having a thought
(whether you notice it or not)**

What is happening in the world is not CAUSING your Feelings

**YOUR Thoughts (about what you think is happening)
cause YOUR Feelings....**

Since they're YOUR thoughts, you can let them go....

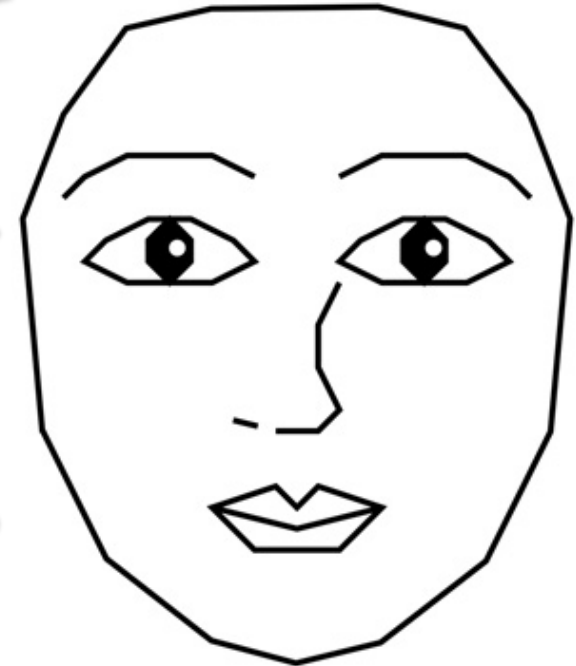
HOW TO GET RID OF STRESS

1. Notice/Name the Feeling

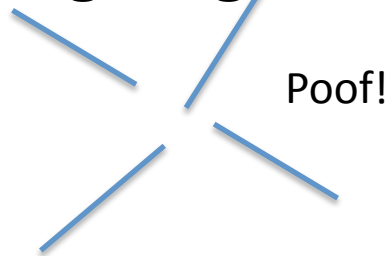


2. Remember:

"My Feelings are coming from my Thinking in the moment"



3. Let those Thoughts go!



Experiment on your Own

CHEAT SHEET:

**My Feelings of ...
are coming from MY Thoughts in the moment**

I'll just let those thoughts go