

CHANGING YOUR
EMOTIONS
Workbook

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Choose to Do
Something That
Makes You
Happy

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



Choose to
Focus on The
Solutions

WHICH ARE THE SOLUTIONS?

[illegible]



Choose Not to
Follow the
Crowd

[illegible]



Choose A Time
Out When You
Need It

[illegible]



Choose Open
and Welcoming
Body Language
Responses

[illegible]



Choose to Talk
to Someone

[illegible]



Be Appreciative

This image shows a blank sheet of white paper with horizontal blue 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.



You Need to Be
Engaging

This image shows a single sheet of white paper with horizontal blue 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.



Making Others
Feel Like They
Matter Too



Be Trustworthy

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



Choosing Politeness

[illegible]



Change Your
Thoughts to
Change Your
World

[illegible]



Make Your List

This image shows a single sheet of white paper with horizontal blue 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.



Learning to
Let Go

This image shows a full page of blank white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, typical of notebook or lined paper. There is no handwriting or other markings on the page.



Be the
Forgiving One

