

# 7 WAYS TO TAME YOUR NEGATIVE THOUGHTS

- #1** Listen to what you're telling yourself as if you were telling it to other people.

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- #2** **Be conscious of what you say.**

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- #3** **Stop judging yourself so harshly.**

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- #4** Accept your 'imperfections'.

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- #5** **Back up for a better view.**

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- #6** **Distract yourself to reboot your mind.**

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- #7** Not everything that was true in the past is true today.

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*What you tell yourself every day will either lift you up or tear you down.*"



FRIENDSHIP **BENCH**