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## Get the Right Attitude Worksheet

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1. Write down the sensations, circumstances, or feelings you were having when you noticed you were getting stressed.

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2. In the space below, write down all the thoughts you have about this situation or problem.

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3. In the space below, use the yes-but or other techniques to play devil's advocate with the discouraging thoughts. Consider what kind of attitude will be most helpful to solve this problem. It is okay to be your own "cheerleader."

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