

# Escape the Thought Tornado Activity

#EmpoweringMEandYou - Don't Fall Into the Thinking Trap

*Note: Complete this activity from the bottom up*

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**Reframe Your Negative  
Thought With Less  
Harsh/More Positive  
Language**

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**One Positive Thought That  
Challenges Your Negative One**

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**One Thing You Enjoy Doing**

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**One Positive Trait You Have**

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**One Negative Thought You May  
Have About Yourself or a Situation**

