

Cognitive Behavioral Therapy Related Quote Reflections

Instructions –

- 1. Read each quote twice carefully with a guardian or alone
- 2. Take 2 5 minutes to reflect on the following:
 - How does this quote make me feel?
 - What does this quote mean?
 - Why is this quote important?
- 3. Journal about your reflections in the space provided for 5 minutes!

Quote #1:

"You don't have to control your thoughts. You just have to stop letting them control you." – Dan Millman

My Reflections:	



Quote #2:

"Do not believe everything you	think. Thoughts	are just that –	thoughts." -
Allan Lokos			

My Reflections:



Quote #3:

"You are not your mistakes; they are what you did, not who you are." – Lisa Lieberman-Wang

My Reflections:



Quote #4:

"Worry is like a rocking chair: it gives you something to do but never gets you anywhere." – Erma Bombeck

My Reflections:	