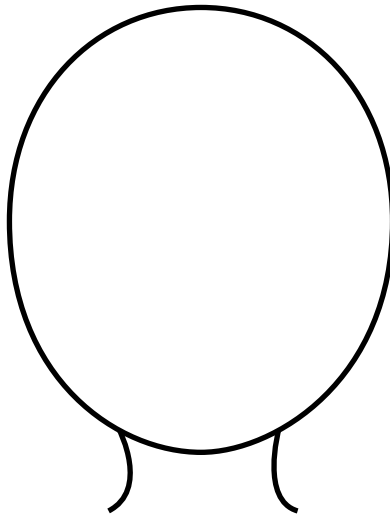
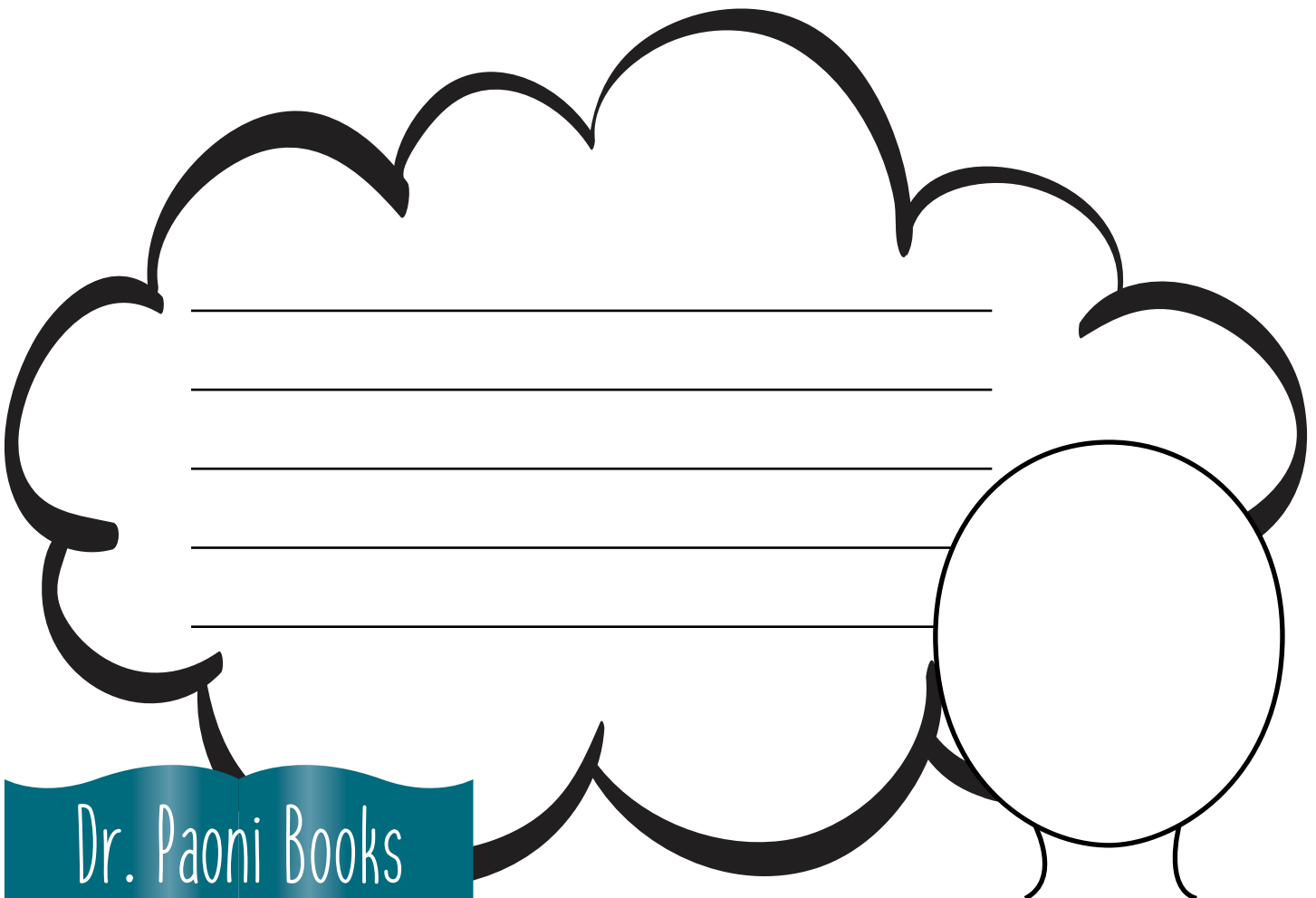


**How do I feel when I listen to that self-talk?**



(draw how you feel)

**Change the thought so the Hero is louder:**



(draw how you feel now)

Dr. Paoni Books

[www.drpaonibooks.com](http://www.drpaonibooks.com)

**My thought is:**

Dr. Paoni Books

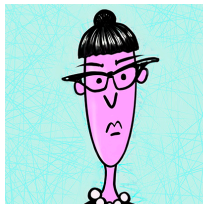
Dylan's Hero: A Story of  
Overcoming Negative  
Thinking

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**Who am I listening to?**

☐

You need to do  
that perfectly!

☐

It's too hard. You  
should just give  
up.

☐

Something bad is  
going to happen!

☐

You always mess  
up!