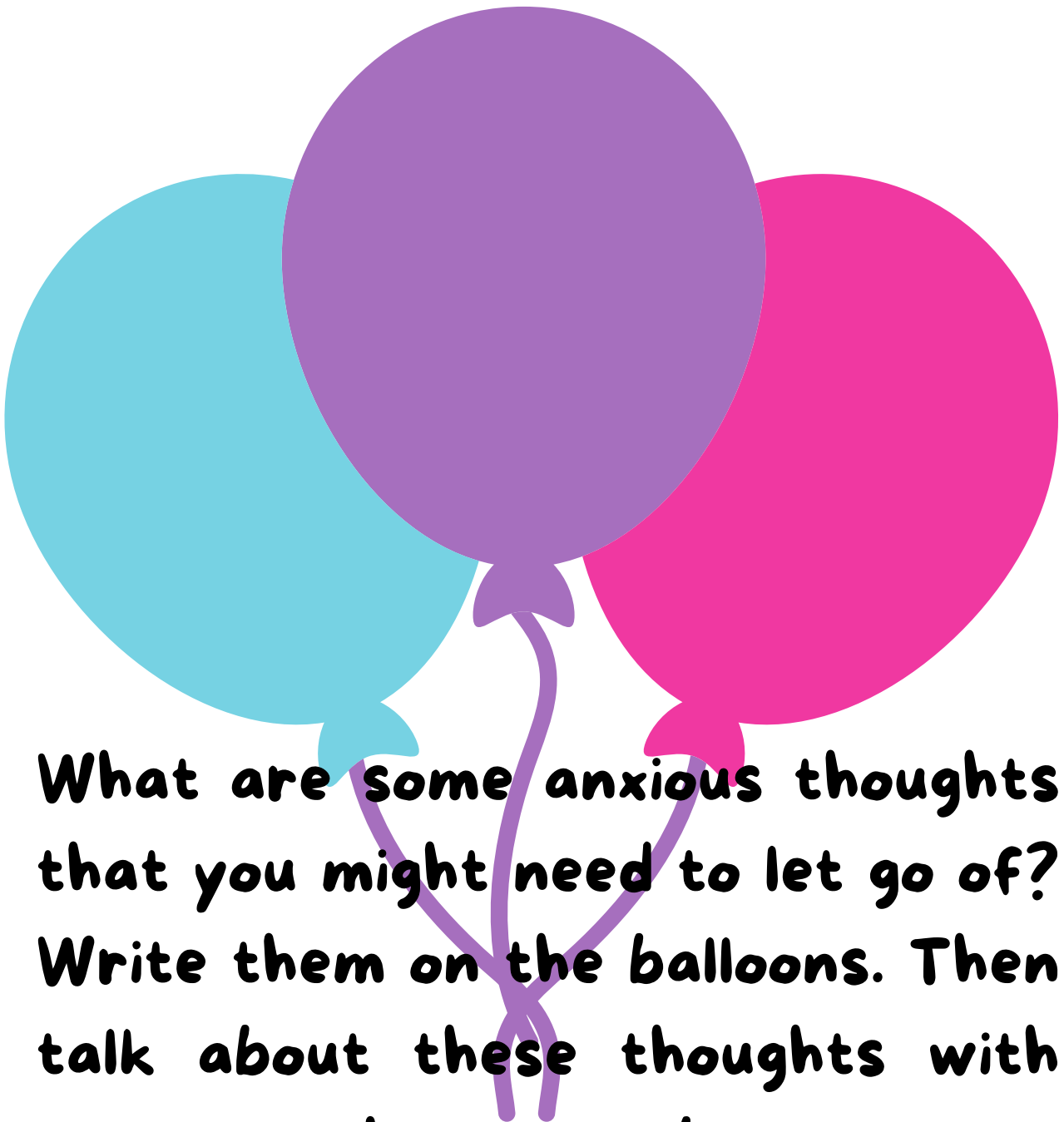


Name _____

Date _____

LETTING GO OF MY THOUGHTS

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What are some anxious thoughts that you might need to let go of? Write them on the balloons. Then talk about these thoughts with someone who cares about you.