

# Be the BOSS of Your Thoughts

**Paul Wilson said:**

*“There are only two ways to handle tense situations: you can change them, or you can change the way you look at them.”*



Your thoughts and your inner voice need to be your friend, not your foe. Just because you think it, doesn't make it true.

## **The Task:**

Think about 3 situations that cause you to have unproductive worry thoughts. For each of these situations, explain how you can change the way you look at them.