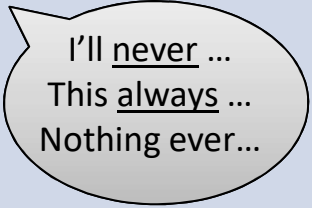


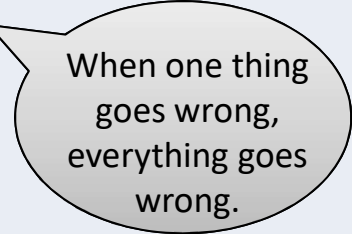
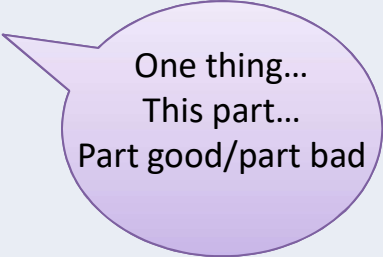
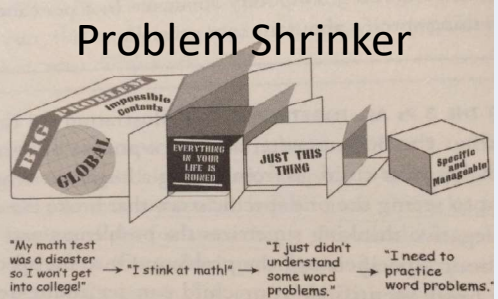

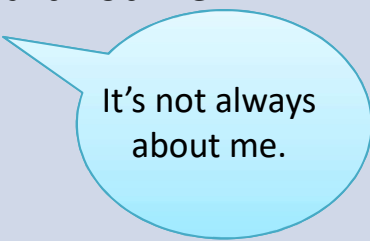
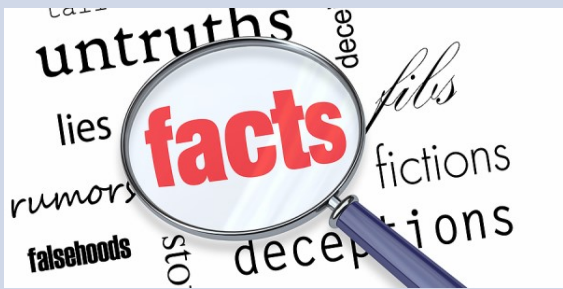


Training your Optimistic Brain

Pessimistic Thinking	Optimistic Thinking	Transforming Tool (How to get from Pessimistic to Optimistic thinking)
<p>Permanent</p> 	<p>Temporary</p> 	
<p>Pervasive</p> 	<p>Specific</p> 	<p>Problem Shrinker</p> 
<p>Personal</p> 	<p>Part me/Part not me</p> 	

Concepts summarized from *The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience* by Martin Segilman