

MY LIST OF POSITIVE WAYS TO REDIRECT MY THINKING

Subject	How does it make me feel?
Example: <i>My cat</i>	<i>I love my cat because he is warm and fluffy and because every time he sees me he brushes against my legs and starts purring. He makes me feel great.</i>
Example: <i>Love</i>	<i>Love is my favorite subject because, when I think about feeling loved and giving love, it makes me warm and fuzzy inside. I like thinking about the people I love. Love is a beautiful emotion.</i>
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