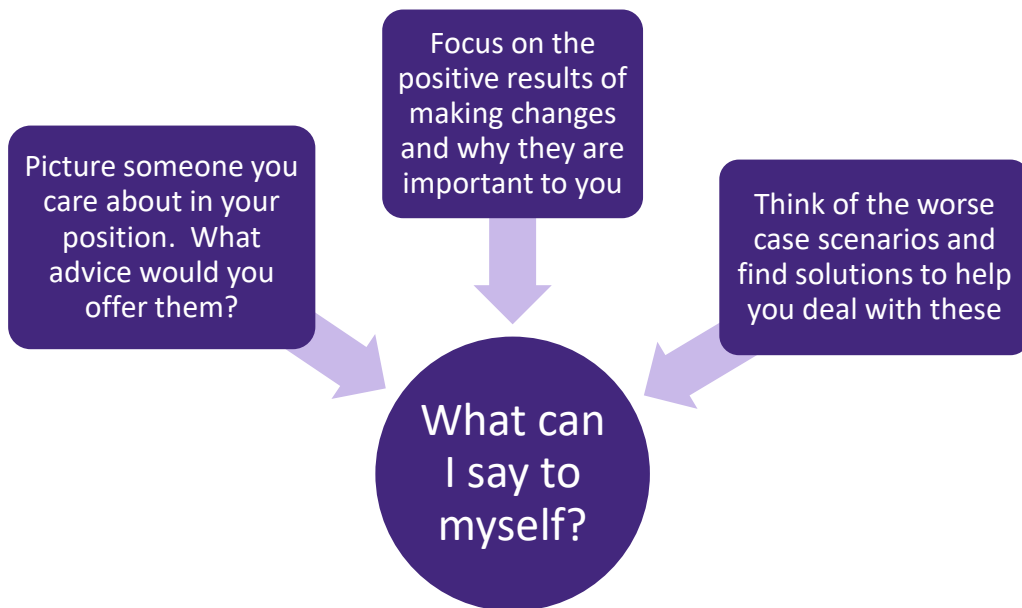


## What can I say to myself

What are the negative thoughts and feelings I have about making changes to my drug or alcohol use?



What can I say that will help me to feel more positive?