

# Here are some examples of flexible thoughts:

I should appreciate what I have,

**This might not be so bad.**

I know I can figure out what to do if I take my time.

**Maybe I can try a different way this time.**

**Sometime things change that I can't control and that's OK.**

I won't know if I like something until I try it,

I know sometimes people do things because they care, but it can be hard to see,

**This is not worth being upset about.**

**The way other people do things is OK & might teach me something new.**