WHEN YOUR THOUGHTS GET LOUD

You deserve a fair hearing.

A thought can feel true without telling the whole story. You do not have to force a happy thought. Try one that is honest and gives you room to move.

> ***Sometimes something hurtful really happened. You deserve support—not pressure to explain it away.***

Too much to handle alone?

You can say: “My thoughts are being rough on me. Can you listen for a minute?” If one person does not help, try another trusted adult or counselor.

Here, “the voice” means self-talk—the things you say to yourself.

One sentence I want to keep:

_____

_____

_____

Use the examples, make one up, or skip a question. Share only what you choose.

You are more than one hard thought.

What your family has been through can affect you. It does not decide your worth or your whole future.

My reset plan

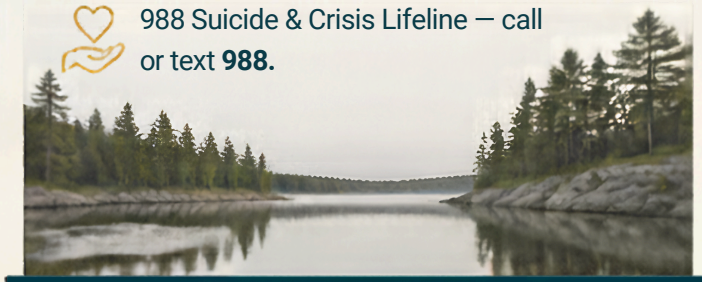
Someone I can check in with:

_____

A phrase I want to remember:

_____

988 Suicide & Crisis Lifeline — call or text **988.**



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The Voice in Your Head

You don’t have to believe every thought that shows up.

A self-talk reset:
notice the story, find a fairer sentence, and choose a next step.



Mile or a Millimeter

01



What happened—and what did my brain add?

When a guess starts feeling like a fact, pause here.

What happened: I sent a message. They haven't answered.

What my brain added: They're annoyed with me.

What else could be true: They're busy. I don't have enough information yet.

What I know happened:

What I'm guessing it means:

Another possibility—or what I still don't know:

You do not have to excuse hurtful behavior to question a harsh conclusion about yourself.

02

Make it fair enough to believe.

Aim for honest, not perfectly positive.

Harsh thought: I always mess everything up.

Fairer thought: I made a mistake. I can take responsibility without calling myself a failure.

The thought that keeps showing up:

What would I say to someone I care about?

My fairer sentence:

You don't have to love yourself in this moment to speak to yourself with respect.

03

Make your mark.

My next ten minutes.



Even if the thought is still here, what could help me through the next ten minutes?

- [ ] **Put my phone down for a few minutes.**
- [ ] **Get water, stretch, or find somewhere quieter.**
- [ ] **Do one small part of what's in front of me.**
- [ ] **Sit near someone I feel safe with.**
- [ ] **Ask someone to listen for a minute.**

My next small step:

Someone I can reach out to:

If that doesn't help, I can try:

The thought can still be here.
Your next step can still count.

