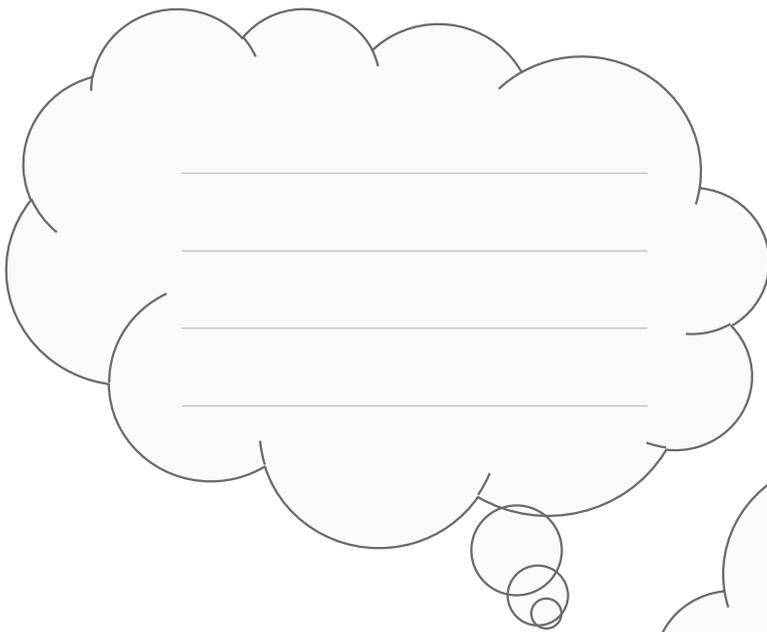


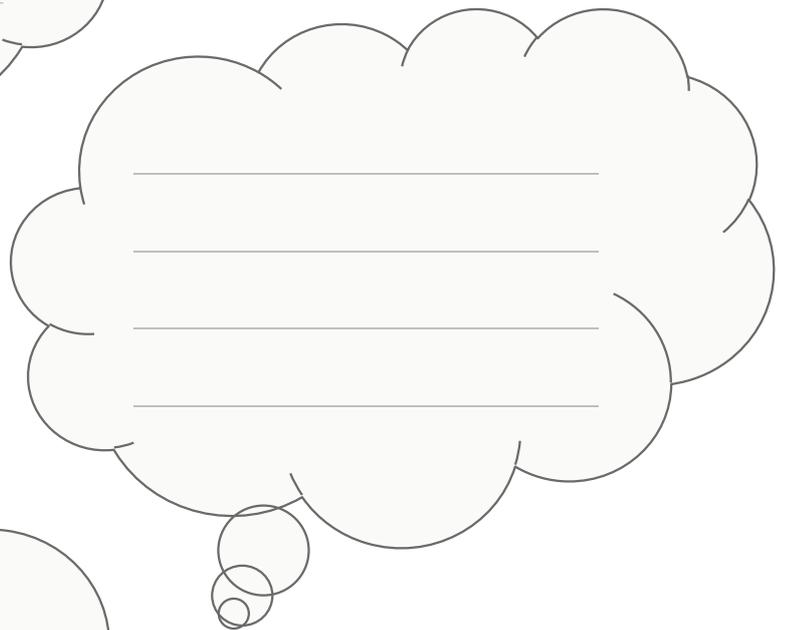
# MIT TRAURIGKEIT UMGEHEN

Name: \_\_\_\_\_

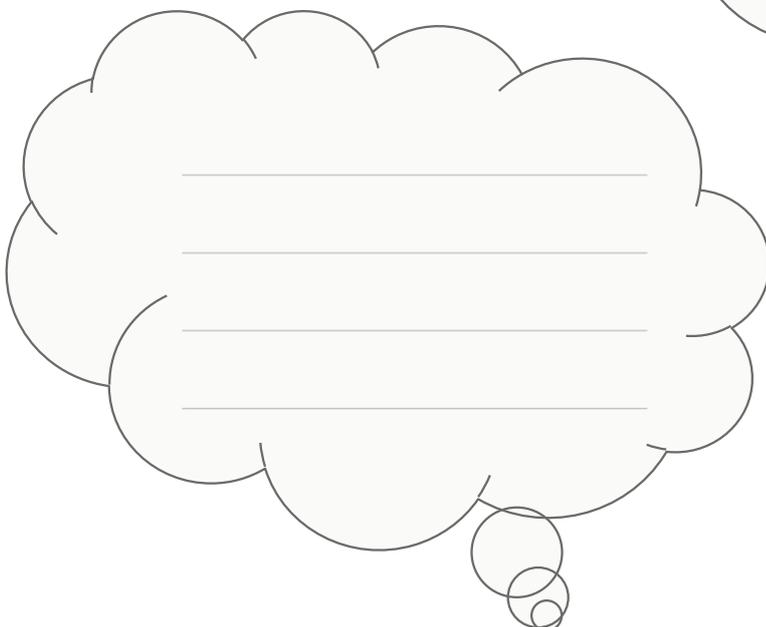
Um die aufwühlenden Gedanken zu bekämpfen, hätte ich stattdessen diese Gedanken ausprobieren können:



A thought bubble with a scalloped border and two small circles at the bottom. It contains four horizontal lines for writing.



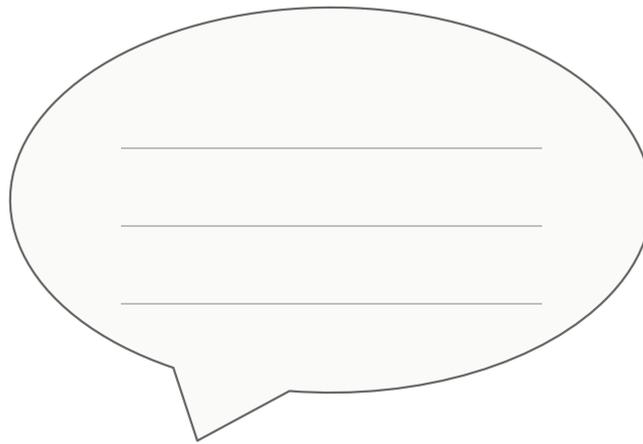
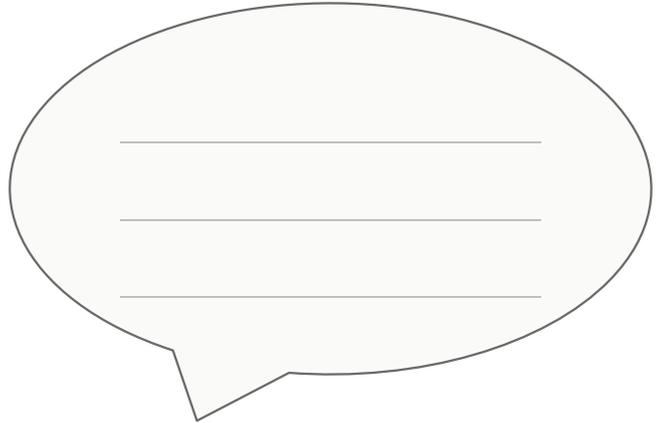
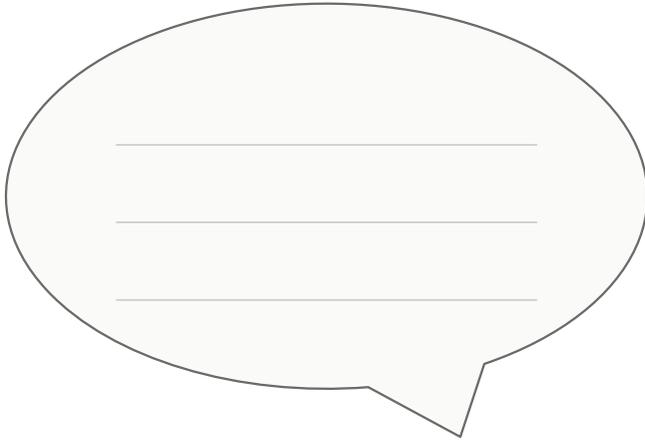
A thought bubble with a scalloped border and two small circles at the bottom. It contains four horizontal lines for writing.



A thought bubble with a scalloped border and two small circles at the bottom. It contains four horizontal lines for writing.

Name: \_\_\_\_\_

Hier sind weitere hilfreiche Dinge, die ich mir **sagen** könnte, wenn ich das nächste Mal traurig bin:



Das ist etwas, was ich das nächste Mal **tun** kann, wenn ich traurig bin:

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