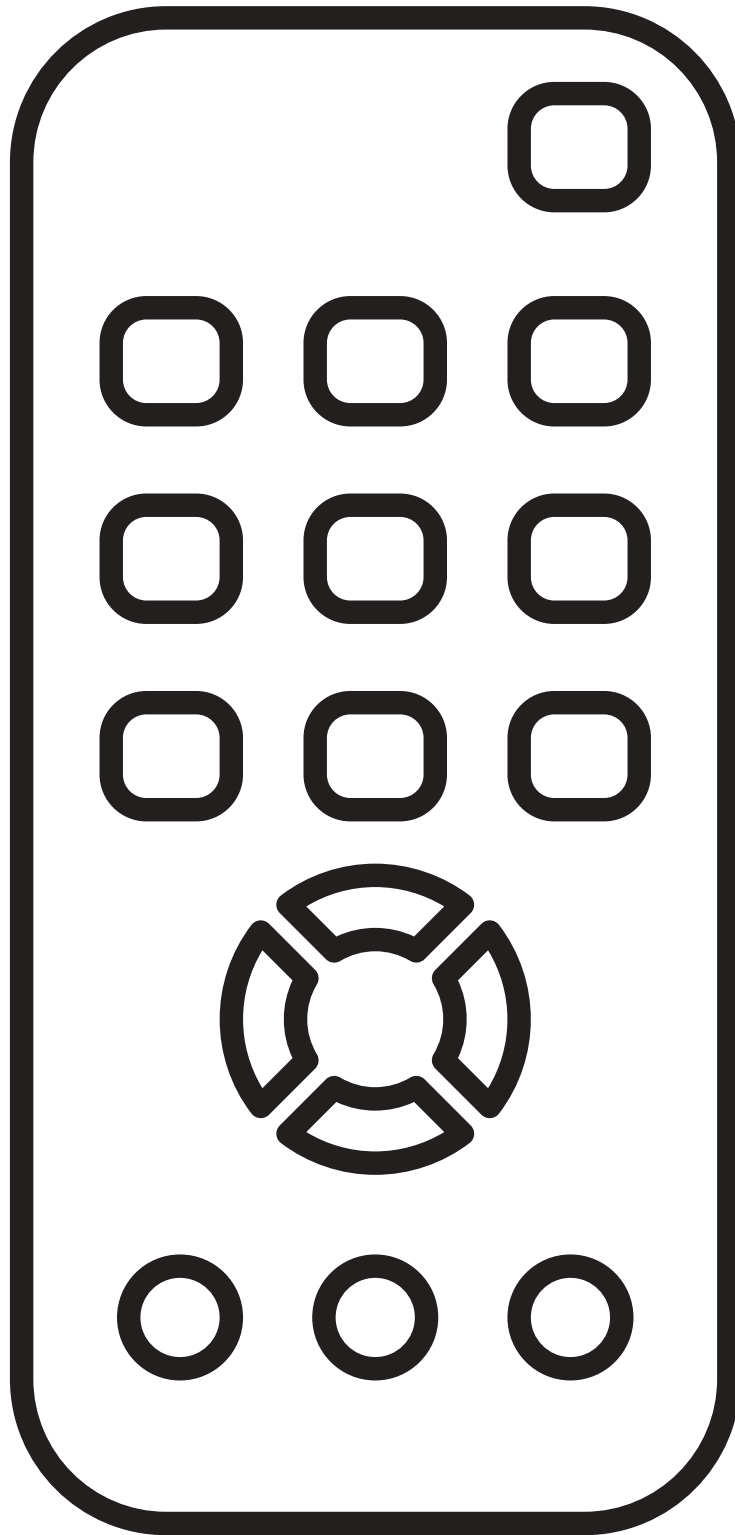


Magic Remote



- *Think of the unhelpful or bad thought/image that is bothering you for a few seconds
- *Say "Change the Channel" and start to think of a place you would rather be (examples: the beach, mountains, shopping, movies, in the back yard, somewhere safe or fun)
- *Think about the 5 senses- What do you see? Who is there? What is everyone doing? What do you smell? What do you hear? What do you taste (any foods)? What do you feel? What is the weather like? Be really detailed! Decorate your "Magic Remote"