



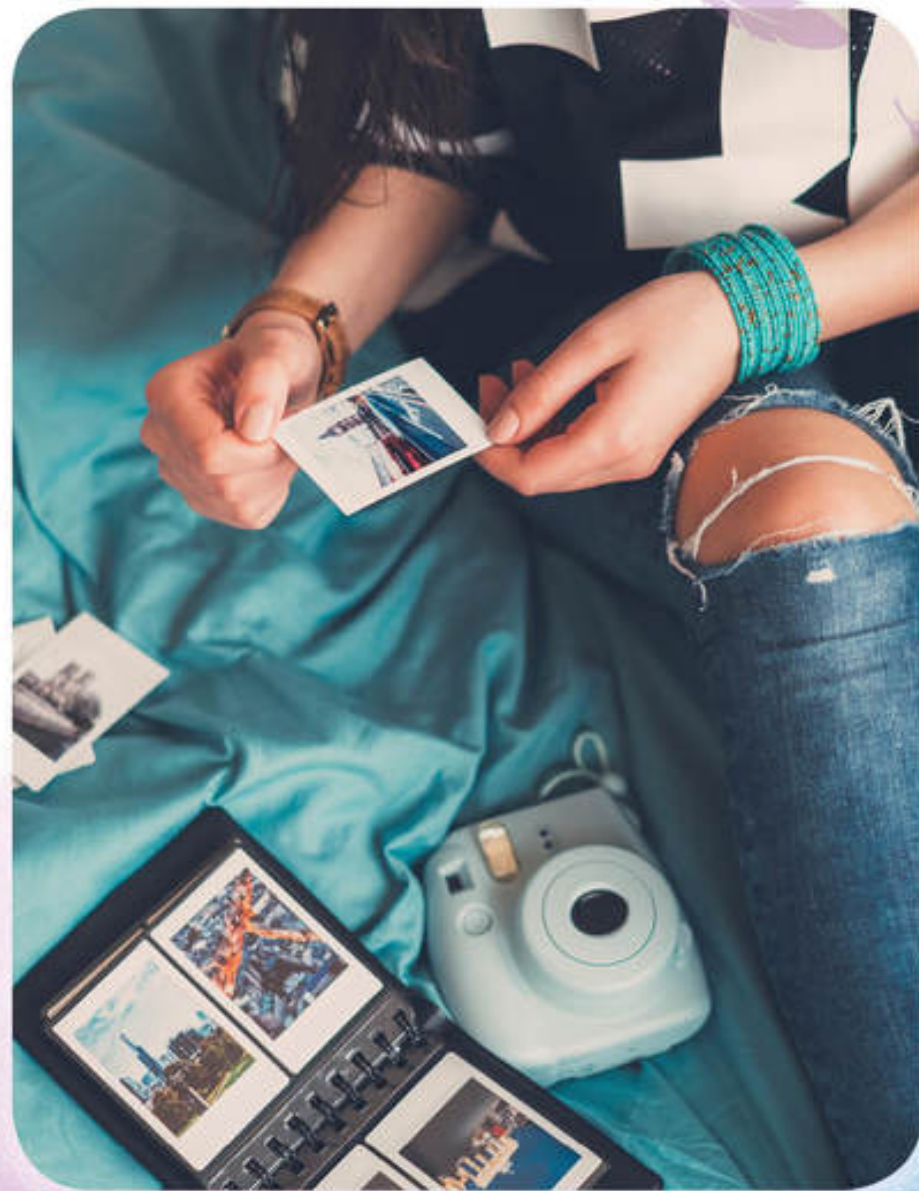
CHAPTER ONE

Visit Your Happy Place

Being negative is like falling into a dark pit. Sometimes it is hard to get up. Sometimes it is hard to find the way out. But you can do it. There is a way to pull yourself up. Climb out of the hole. Go to your happy place.

Happy places are **anchoring** experiences. Anchors are heavy. They hold things in place. They keep you from falling. By finding your happy place, you'll steer yourself away from negative feelings. The goal is to move toward positive feelings.

Everyone has a different happy place. Think about a fun place you visited. Think about a good memory. Make a list of all these happy thoughts.



.....▶ **Tip:** Make a photo album of all your happy memories. Write captions describing your positive feelings.