

## Thought Awareness, Rational Thinking and Positive Thinking

- For information about these thinking skills, visit [www.mindtools.com/rs/Thinking](http://www.mindtools.com/rs/Thinking).
- For tips about stress management, visit [www.mindtools.com/rs/smmc](http://www.mindtools.com/rs/smmc).

Negative Thought	Rational Thought	Positive Thought

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