



DO IT REALLY BE LIKE THAT?

THOUGHTS SUS-O-METER

Sometimes our brain can throw some funky thoughts at us, and if we don't take the time to really fully think about them thoughts, it can leave us feeling pretty stuck. It can be helpful to take a moment to "put that thought on trial" by finding evidence that supports it, evidence that goes against it, and seeing how you feel about it afterwards. Go ahead & give it a try below, and see where your thought lands on the sus-o-meter!

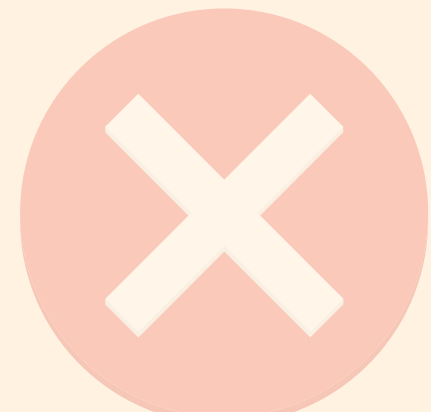
**WHAT'S THE
THOUGHT?**



**WHY IS IT THE
REAL DEAL?**



**WHY MIGHT IT
NOT BE LEGIT?**



SUS-O-METER

SUS

KINDA SUS

NOT-SUS