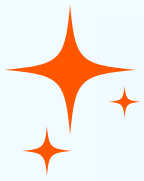


# The Glow Up ✨

A SURVIVAL GUIDE ON HOW TO BE THE BEST  
VERSION OF YOURSELF AND KEEP IT THAT WAY



The way you feel is connected to  
the way you think

# This is how we get you to your ultimate GLOW UP ✨

**CBT, Cognitive Behavioral Therapy** seeks to identify the relationship between your thoughts, feelings, and behaviors.

CBT theorists believe that emotional distress stems from an individual's maladaptive thought patterns and beliefs about themselves and the world around them.

The way you feel is directly connected to the way  
you think.....

***This journal aims to recognize and challenge a person's distortions, some of which include: overthinking, catastrophizing, black-or-white thinking, and overgeneralization.***



# Be Kind To Your Mind

Date:

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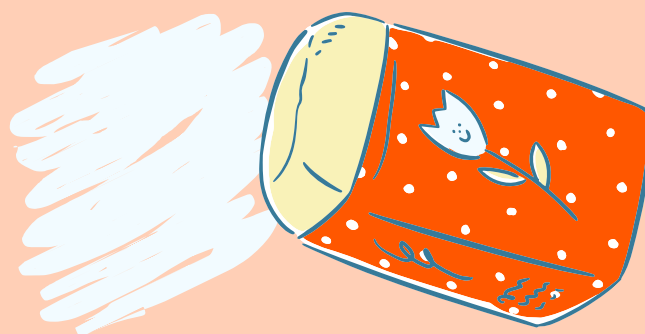
'S Remedy Page

**This is your safe space to be your authentic self!**

**The next 3 pages consist of blank paper.**

**The idea behind the blank paper is that life is constantly changing and so are our thoughts.**

**\*Use this space with the thought process that it can always be erased or changed.**





Date:



Feelings  
&  
Emotions





# Safe Space Exercise:

**Directions: Please write out a detailed description of a place, real or imagined, where you feel **TOTALLY** and completely safe, being sure to include the following details:**

WHERE ARE YOU?

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IS ANYONE WITH YOU?

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WHAT DO YOU SMELL, TOUCH, TASTE, HEAR?

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WHAT TIME OF YEAR IS IT? WHAT TIME OF DAY? WHAT IS THE WEATHER?

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WHAT ARE YOUR THOUGHTS AS YOU ARE EXPERIENCING THIS PLACE?

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WHAT IS YOUR LEVEL OF CALMNESS, JOY, PEACE, WELL-BEING?

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