

THE 5RS OF CHANGED THINKING

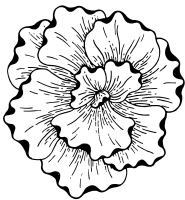
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Recognize
negative thoughts



Refute
negative thoughts



Replace
negative thoughts with positive
thoughts and gratitude



Rehearse
the positive substitution



Repeat
the process as necessary