

Attention Training

Q O H X C S G O J B M R F R I E N D L Y R H C U
O G S I O D R E X C I T E D T P G C S R O R B B
V N A F N G R O W T H S T R E S S E D Z Z E J E
E E I S F F O C U S A W Z E O F H C A C N L R M
R G I N U L H Q X I W O R R I E D A N E Z A D B
W A F A S Z Z B R Q C M I N D F U L X G A X G W
H T Q O E P K B A I B E O C R L H M I B A E Z H
E I Y W D O W Z O B B G S P K S L P O E N D K I
L V C T P S O C W D S L Q R A C E O U P G B C L
M E O T Z I A F R A I D H E N A K G S P R O U D
I T N G Q T X J J I N B L S R R W M Q O Y K C R
N U F D Q I H L O N E L Y E J E F B S P K Y I N
G K I G E V X F C O Z C Q N G D S U C C E S S Q
D V D B K E A B L J B V H T U I Q W Y I O H G V
M A E H E P R T E J Q D L A I S B A F R D M E L
S Z N I N T E R E S T I N G L G V R J J B F N O
Z F T A J T A K Q S H A A U T B O E G T I D A V
H A P P Y R L J W L O S I P Y W D F J F R G W I
G R G H V F I J V A P H J E D X N R E O W S E N
G X E K W G S H V R E A A V J F S A A J O D S G
Z L Y U E L T G D F L M N N U N W M L J Z Y O I
M F S N Y M I K L D E E P U T F R E O C B Y M E
R T H G Y R C N G E S D G E L S T M U T P H E A
Y R H K N Z Z D H Z S F C T M B E O S J R O U O

overwhelming
positive
present
awesome
worried
lonely
angry

interesting
friendly
reframe
anxious
growth
afraid
calm

realistic
confused
success
relaxed
scared
happy

confident
stressed
ashamed
excited
loving
focus

negative
hopeless
mindful
jealous
guilty
proud