

Sticky Thinking

Sometimes I get a thought stuck in my mind. I think about it over and over.



I try to start an activity, but I keep thinking about the same thing!
This is called "STICKY THINKING".

The good news is that I have control over my sticky thinking.
I will try to look at my sticky thought as a yellow post it note.
The note is hanging on the wall in my mind.



I can pull the note down and throw it in the bin!
Now my sticky thought is all gone, I can get back to my activity.

I CAN HAVE CONTROL OVER MY STICKY THOUGHTS!

I could even write my sticky thought on a real post it and throw it away in the
real bin!! I can't wait to throw my sticky thoughts away!

