

DEAR BRAIN,

IT CAN WAIT!

THOUGHT/URGE

THIS CAN WAIT UNTIL...

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an hour from now

this afternoon

later tonight

tomorrow morning

tomorrow evening

the end of the week

the weekend

this day _____

next time I talk to parent

my next doctor's appt

I talk w/ my therapist

I hear back from _____

I have help from _____

Meadowbank
COUNSELING, SUPERVISION, & CONSULTATION