

# Are You Grumpy?

*Do you tend to view things as negative or bad, sometimes, without seeing how your emotion makes others feel?*

*Do you believe that people are often unkind to you?*

*Do you often think the worst of a situation??*




*Then **you** may be a victim of the tricky Unthinkable:*



## Grump Grumpaning

*Not to worry because there is help.*

*Superflex has a couple strategies to defeat this character:*

-  **Think about** how the person treats you. Is he friendly or mean to you? If this person is friendly to you then it is likely that he is being nice to you.
  -  **Self talk:** "I am being negative. What could be a positive way to think about it?"
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