

I can't
do this!

I am not
wanted!

I am not
good
enough!

You idiot,
why did you
do that?

Inner changes
create outer
changes!



Join us for

Eliminate Negative Internal Dialogue

November 14, 2018

5:30 p.m.

in the

Office of Counseling and Disability Services

Counseling and Disability Services
1710 Pearce Street
Jacksonville, FL 32209
904.470.8231/8990
After Hours 904.514.6769