## **Correcting Unhelpful or Inaccurate Thoughts**

Event	What unhelpful or inaccurate thought might	If a friend had this thought, what would you say to him	How might the Savior correct this thought?
	you have?	or her?	
You go to a social gathering where you don't know anyone.			
You have to be around someone you don't get along with.			
You hear someone criticize the Church.			
You do badly on a test you studied hard for.			

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