

Positive and Negative Thinking



Write some of your fears about your abilities on the left side of this page. List the thoughts as short sentences or statements. Then, on the right side, write the same thoughts in a more positive way. (See the two examples.)

You will find you can believe either list of statements, but the positive ones will be much more encouraging. Bring these lists back to the next session and talk about what steps you have taken to start thinking positively.

Negative way to think	or	Positive way to think
I have never done it before.	or	I am going to try. I will ask for help if I need it.
I can't do it well enough.	or	I can try to do it and make some progress.
_____	or	_____
_____	or	_____
_____	or	_____
_____	or	_____
_____	or	_____